

| Pos | Name | Race No | Gun Time | Teams - Team Name | gender | hrrl pos | indiv score | Chip Time | mile pace | km pace |
|-----|--------------------|---------|----------|---------------------------|--------|----------|-------------|-----------|-----------|---------|
| 1 | Richard Waldron | 506 | 0:53:22 | Southampton AC | m | 1 | 100 | 0:53:20 | 5:20 | 3:19 |
| 2 | Rob McTaggart | 179 | 0:55:27 | Bournemouth AC | m | | | 0:55:26 | 5:33 | 3:27 |
| 3 | Julian Manning | 818 | 0:55:57 | Denmead Striders | m | 2 | 99.7 | 0:55:55 | 5:35 | 3:28 |
| 4 | Alastair Pickburn | 441 | 0:57:00 | New Forest Runners | m | 3 | 99.3 | 0:56:58 | 5:42 | 3:32 |
| 5 | Joseph Donworth | 927 | 0:57:12 | Frome RC | m | | | 0:57:10 | 5:43 | 3:33 |
| 6 | Barry Miller | 231 | 0:57:58 | Poole AC | m | | | 0:57:54 | 5:47 | 3:36 |
| 7 | Simon Stevens | 221 | 0:58:03 | Winchester & District AC | m | 4 | 99.0 | 0:58:00 | 5:48 | 3:36 |
| 8 | Tom Darby | 48 | 0:58:08 | Clapham Chasers | m | | | 0:58:06 | 5:49 | 3:37 |
| 9 | Leonard Passingham | 869 | 0:58:10 | Overton Harriers | m | 5 | 98.6 | 0:58:08 | 5:49 | 3:37 |
| 10 | Richard Davidson | 374 | 0:58:47 | City Of Salisbury AC RC | m | 6 | 98.3 | 0:58:43 | 5:52 | 3:39 |
| 11 | Sean Holmes | 270 | 0:59:00 | Overton Harriers | m | 7 | 97.9 | 0:58:59 | 5:54 | 3:40 |
| 12 | Nick Wood | 196 | 0:59:22 | Winchester & District AC | m | 8 | 97.6 | 0:59:19 | 5:56 | 3:41 |
| 13 | Rhys Van der Helm | 541 | 0:59:32 | | m | | | 0:59:29 | 5:57 | 3:42 |
| 14 | Liam Barry-Carroll | 910 | 0:59:50 | Southampton AC | m | 9 | 97.2 | 0:59:48 | 5:59 | 3:43 |
| 15 | Trevor Hillier | 692 | 0:59:56 | Itchen Spitfires RC | m | 10 | 96.9 | 0:59:52 | 5:59 | 3:43 |
| 16 | Adam Chant | 808 | 1:00:02 | Denmead Striders | m | 11 | 96.5 | 0:59:59 | 6:00 | 3:44 |
| 17 | James Hassan | 543 | 1:00:21 | City Of Salisbury AC RC | m | 12 | 96.2 | 1:00:16 | 6:02 | 3:45 |
| 18 | Alex Prinsep | 870 | 1:00:26 | Romsey Road Runners | m | 13 | 95.8 | 1:00:23 | 6:02 | 3:45 |
| 19 | Mark stileman | 112 | 1:00:28 | Romsey Road Runners | m | 14 | 95.5 | 1:00:25 | 6:02 | 3:45 |
| 20 | Emma Jolley | 529 | 1:00:33 | City Of Portsmouth AC | f | 1 | 100 | 1:00:30 | 6:03 | 3:46 |
| 21 | Steve Brett | 145 | 1:00:59 | Andover AC | m | 15 | 95.1 | 1:00:52 | 6:05 | 3:47 |
| 22 | John Kane | 679 | 1:01:01 | Andover AC | m | 16 | 94.8 | 1:00:55 | 6:05 | 3:47 |
| 23 | James Presley | 722 | 1:01:02 | City Of Salisbury AC RC | m | 17 | 94.4 | 1:00:53 | 6:05 | 3:47 |
| 24 | James Mills | 33 | 1:01:17 | City Of Salisbury AC RC | m | 18 | 94.1 | 1:01:12 | 6:07 | 3:48 |
| 25 | David Reynolds | 639 | 1:01:22 | Lordshill Road Runners | m | 19 | 93.8 | 1:01:18 | 6:08 | 3:49 |
| 26 | Chris Dewey | 277 | 1:01:25 | Andover AC | m | 20 | 93.4 | 1:01:17 | 6:08 | 3:48 |
| 27 | Lee Syrett | 442 | 1:01:30 | City Of Salisbury AC RC | m | 21 | 93.1 | 1:01:25 | 6:08 | 3:49 |
| 28 | Gary Armstrong | 534 | 1:01:38 | Denmead Striders | m | 22 | 92.7 | 1:01:33 | 6:09 | 3:49 |
| 29 | Matt Saker | 467 | 1:01:42 | Farnham Runners | m | 23 | 92.4 | 1:01:36 | 6:10 | 3:50 |
| 30 | James Clarke | 264 | 1:01:53 | Farnham Runners | m | 24 | 92.0 | 1:01:50 | 6:11 | 3:51 |
| 31 | Rob Wilson | 94 | 1:01:58 | Denmead Striders | m | 25 | 91.7 | 1:01:55 | 6:12 | 3:51 |
| 32 | Alistair Morey | 426 | 1:02:15 | Alton Runners | m | 26 | 91.3 | 1:02:08 | 6:13 | 3:52 |
| 33 | Ross Wilkes | 592 | 1:02:17 | Isle Of Wight RR AC | m | 27 | 91.0 | 1:02:14 | 6:13 | 3:52 |
| 34 | Stuart Hicks | 608 | 1:02:22 | Southampton AC | m | 28 | 90.6 | 1:02:19 | 6:14 | 3:52 |
| 35 | Russ Coleman | 626 | 1:02:23 | Stubbington Green Runners | m | 29 | 90.3 | 1:02:18 | 6:14 | 3:52 |
| 36 | Matt Hibberd | 348 | 1:02:28 | Southampton AC | m | 30 | 89.9 | 1:02:25 | 6:15 | 3:53 |
| 37 | Andrew Holme | 699 | 1:02:32 | City Of Salisbury AC RC | m | 31 | 89.6 | 1:02:27 | 6:15 | 3:53 |
| 38 | Emlyn Hughes | 377 | 1:02:37 | Fareham Crusaders RC | m | 32 | 89.2 | 1:02:33 | 6:15 | 3:53 |
| 39 | James Grove | 128 | 1:02:42 | Hedge End RC | m | 33 | 88.9 | 1:02:27 | 6:15 | 3:53 |
| 40 | Robert Agar | 798 | 1:02:43 | Lordshill Road Runners | m | 34 | 88.5 | 1:02:39 | 6:16 | 3:54 |
| 41 | David Wilson | 938 | 1:02:44 | Littledown Harriers | m | | | 1:02:36 | 6:16 | 3:53 |
| 42 | David Milton | 163 | 1:02:48 | Lordshill Road Runners | m | 35 | 88.2 | 1:02:40 | 6:16 | 3:54 |
| 43 | Richard Chowns | 36 | 1:02:50 | Stubbington Green Runners | m | 36 | 87.8 | 1:02:45 | 6:16 | 3:54 |
| 44 | James White | 593 | 1:02:54 | Eastleigh RC | m | 37 | 87.5 | 1:02:48 | 6:17 | 3:54 |
| 45 | Ben Raggett | 262 | 1:02:55 | Fleet Crookham AC | m | 38 | 87.2 | 1:02:52 | 6:17 | 3:54 |
| 46 | Mark Packer | 92 | 1:03:09 | Littledown Harriers | m | | | 1:03:01 | 6:18 | 3:55 |
| 47 | Patrick Warburton | 724 | 1:03:19 | Winchester & District AC | m | 39 | 86.8 | 1:03:14 | 6:19 | 3:56 |
| 48 | Miguel Flores | 364 | 1:03:24 | Winchester & District AC | m | 40 | 86.5 | 1:03:19 | 6:20 | 3:56 |
| 49 | Jamie Foster | 677 | 1:03:27 | Itchen Spitfires RC | m | 41 | 86.1 | 1:03:21 | 6:20 | 3:56 |
| 50 | Peter Callanan | 898 | 1:03:29 | City Of Salisbury AC RC | m | 42 | 85.8 | 1:03:22 | 6:20 | 3:56 |
| 51 | Mike White | 779 | 1:03:30 | Stubbington Green Runners | m | 43 | 85.4 | 1:03:25 | 6:20 | 3:56 |
| 52 | Ian Hayward | 278 | 1:03:35 | Portsmouth Joggers | m | 44 | 85.1 | 1:03:28 | 6:21 | 3:57 |
| 53 | Nikki Moxham | 460 | 1:03:45 | Gosport Road Runners | f | 2 | 99.6 | 1:03:41 | 6:22 | 3:57 |
| 54 | Rich McAleer | 595 | 1:03:52 | Eastleigh RC | m | 45 | 84.7 | 1:03:46 | 6:23 | 3:58 |
| 55 | Ricky Lee | 34 | 1:03:52 | City Of Salisbury AC RC | m | 46 | 84.4 | 1:03:46 | 6:23 | 3:58 |
| 56 | Emma Jane Montiel | 135 | 1:03:53 | City Of Portsmouth AC | f | 3 | 99.1 | 1:03:49 | 6:23 | 3:58 |
| 57 | Neill Richmond | 879 | 1:03:57 | Eastleigh RC | m | 47 | 84.0 | 1:03:50 | 6:23 | 3:58 |
| 58 | Brian Wright | 743 | 1:04:05 | Fareham Crusaders RC | m | 48 | 83.7 | 1:03:56 | 6:24 | 3:58 |
| 59 | Jonathan Warner | 73 | 1:04:09 | Stubbington Green Runners | m | 49 | 83.3 | 1:04:04 | 6:24 | 3:59 |
| 60 | Vince Fowler | 683 | 1:04:11 | Littledown Harriers | m | | | 01:03:59 | 6:24 | 3:59 |
| 61 | Gary Tissington | 276 | 1:04:13 | Poole AC | m | | | 01:04:08 | 6:25 | 3:59 |
| 62 | Mike Webber | 566 | 1:04:17 | Andover AC | m | 50 | 83.0 | 1:04:09 | 6:25 | 3:59 |
| 63 | Gillam McClure | 655 | 1:04:18 | Itchen Spitfires RC | m | 51 | 82.6 | 1:04:12 | 6:25 | 3:59 |
| 64 | William Baggs | 298 | 1:04:21 | Hedge End RC | m | 52 | 82.3 | 1:04:07 | 6:25 | 3:59 |
| 65 | Luke Dowsett | 366 | 1:04:23 | Littledown Harriers | m | | | 01:04:12 | 6:25 | 3:59 |
| 66 | Benjamin Stait | 577 | 1:04:24 | Portsmouth Joggers | m | 53 | 81.9 | 1:04:16 | 6:26 | 4:00 |

| | | | | | | | | | | |
|-----|---------------------|-----|---------|---------------------------|---|----|------|----------|------|------|
| 67 | David Gaskell | 538 | 1:04:25 | Winchester & District AC | m | 54 | 81.6 | 1:04:13 | 6:25 | 3:59 |
| 68 | Jonathan Croom | 803 | 1:04:29 | City Of Salisbury AC RC | m | 55 | 81.3 | 1:04:21 | 6:26 | 4:00 |
| 69 | Matthew Madill | 485 | 1:04:34 | Denmead Striders | m | 56 | 80.9 | 1:04:15 | 6:26 | 4:00 |
| 70 | Harvey Wickham | 809 | 1:04:39 | Farnham Runners | m | 57 | 80.6 | 1:04:32 | 6:27 | 4:01 |
| 71 | Imogen Emmett | 678 | 1:04:44 | Winchester & District AC | f | 4 | 98.7 | 1:04:39 | 6:28 | 4:01 |
| 72 | Jonny Langley | 644 | 1:04:50 | Portsmouth Joggers | m | 58 | 80.2 | 1:04:41 | 6:28 | 4:01 |
| 73 | Dominic Ashton | 833 | 1:05:01 | Lordshill Road Runners | m | 59 | 79.9 | 1:04:53 | 6:29 | 4:02 |
| 74 | Phil Chamberlain | 590 | 1:05:05 | Fareham Crusaders RC | m | 60 | 79.5 | 1:04:56 | 6:30 | 4:02 |
| 75 | Adam Hinton | 21 | 1:05:14 | | m | | | 01:05:05 | 6:30 | 4:03 |
| 76 | James Dovey | 63 | 1:05:15 | | m | | | 01:05:04 | 6:30 | 4:03 |
| 77 | Dan Starkey | 858 | 1:05:26 | Denmead Striders | m | 61 | 79.2 | 1:05:12 | 6:31 | 4:03 |
| 78 | Ben Jarvis | 473 | 1:05:31 | Gosport Road Runners | m | 62 | 78.8 | 1:05:22 | 6:32 | 4:04 |
| 79 | Amanda Hull | 756 | 1:05:34 | | f | | | 01:05:29 | 6:33 | 4:04 |
| 80 | Kirsty Aked | 464 | 1:05:47 | Denmead Striders | f | 5 | 98.3 | 1:05:39 | 6:34 | 4:05 |
| 81 | Lee Weeks | 843 | 1:05:50 | Denmead Striders | m | 63 | 78.5 | 1:05:48 | 6:35 | 4:05 |
| 82 | Ruth Thom | 1 | 1:05:51 | City Of Salisbury AC RC | f | 6 | 97.9 | 1:05:42 | 6:34 | 4:05 |
| 83 | Kev Gale | 857 | 1:05:58 | Denmead Striders | m | 64 | 78.1 | 1:05:43 | 6:34 | 4:05 |
| 84 | Mark West | 123 | 1:06:14 | Southampton AC | m | 65 | 77.8 | 1:06:08 | 6:37 | 4:07 |
| 85 | Al Moutray | 355 | 1:06:17 | City Of Salisbury AC RC | m | 66 | 77.4 | 1:06:06 | 6:37 | 4:06 |
| 86 | Trevor McAlister | 155 | 1:06:22 | Ryde Harriers | m | 67 | 77.1 | 1:06:15 | 6:37 | 4:07 |
| 87 | Mark Gosney | 928 | 1:06:36 | | m | | | 01:06:32 | 6:39 | 4:08 |
| 88 | Nicholas Griffiths | 458 | 1:06:41 | Lordshill Road Runners | m | 68 | 76.7 | 1:06:32 | 6:39 | 4:08 |
| 89 | Jon Ward | 713 | 1:06:43 | Southampton AC | m | 69 | 76.4 | 1:06:36 | 6:40 | 4:08 |
| 90 | Jonathan Hobbs | 906 | 1:06:52 | Ashford AC | m | | | 01:06:34 | 6:39 | 4:08 |
| 91 | Erin Willmers | 771 | 1:07:02 | Winchester & District AC | f | 7 | 97.4 | 1:06:57 | 6:42 | 4:10 |
| 92 | Kathy Dudman | 895 | 1:07:04 | City Of Salisbury AC RC | f | 8 | 97.0 | 1:06:56 | 6:42 | 4:10 |
| 93 | Philip Smith | 85 | 1:07:05 | City Of Salisbury AC RC | m | 70 | 76.0 | 1:07:00 | 6:42 | 4:10 |
| 94 | Graham Martin | 419 | 1:07:06 | Stubbington Green Runners | m | 71 | 75.7 | 1:06:56 | 6:42 | 4:10 |
| 95 | Simon Gardner | 290 | 1:07:08 | Thames Hare Hounds | m | | | 01:06:47 | 6:41 | 4:09 |
| 96 | Graham Evans | 782 | 1:07:09 | Lonely Goat Running Club | m | | | 01:06:49 | 6:41 | 4:09 |
| 97 | Becky Tovey | 375 | 1:07:17 | Romsey Road Runners | f | 9 | 96.6 | 1:07:09 | 6:43 | 4:10 |
| 98 | Abigail Woolaston | 172 | 1:07:23 | Andover AC | f | 10 | 96.2 | 1:07:15 | 6:43 | 4:11 |
| 99 | Poppy Langdon-Down | 127 | 1:07:25 | City Of Salisbury AC RC | f | 11 | 95.7 | 1:07:15 | 6:43 | 4:11 |
| 100 | Dan Gallagher | 25 | 1:07:26 | Lordshill Road Runners | m | 72 | 75.3 | 1:07:16 | 6:44 | 4:11 |
| 101 | Stuart Searle | 873 | 1:07:29 | Overton Harriers | m | 73 | 75.0 | 1:07:19 | 6:44 | 4:11 |
| 102 | Richard Brent | 420 | 1:07:37 | Weston AC | m | | | 01:07:25 | 6:44 | 4:11 |
| 103 | Steve Oliver | 74 | 1:07:38 | Winchester & District AC | m | 74 | 74.7 | 1:07:32 | 6:45 | 4:12 |
| 104 | Chris Maple | 581 | 1:07:41 | City Of Salisbury AC RC | m | 75 | 74.3 | 1:07:30 | 6:45 | 4:12 |
| 105 | Mike Bridgeman | 38 | 1:07:43 | Hedge End RC | m | 76 | 74.0 | 1:07:33 | 6:45 | 4:12 |
| 106 | David Blake | 273 | 1:07:44 | Isle Of Wight RR AC | m | 77 | 73.6 | 1:07:37 | 6:46 | 4:12 |
| 107 | Leo Poulter | 559 | 1:07:44 | | m | | | 01:07:30 | 6:45 | 4:12 |
| 108 | Darren Holmes | 414 | 1:07:47 | Littledown Harriers | m | | | 01:07:38 | 6:46 | 4:12 |
| 109 | Michael McMahon | 877 | 1:07:48 | Lordshill Road Runners | m | 78 | 73.3 | 1:07:28 | 6:45 | 4:12 |
| 110 | Corn+@ Nieuwoudt | 275 | 1:07:51 | | m | | | 01:07:43 | 6:46 | 4:12 |
| 111 | Benjamin Tavendale | 839 | 1:07:56 | Lordshill Road Runners | m | 79 | 72.9 | 1:07:39 | 6:46 | 4:12 |
| 112 | Paul Welch | 813 | 1:07:57 | Denmead Striders | m | 80 | 72.6 | 1:07:41 | 6:46 | 4:12 |
| 113 | Daniel Shawyer | 806 | 1:07:58 | Denmead Striders | m | 81 | 72.2 | 1:07:41 | 6:46 | 4:12 |
| 114 | Mark Hargreaves | 138 | 1:08:04 | City Of Portsmouth AC | m | 82 | 71.9 | 1:07:58 | 6:48 | 4:13 |
| 115 | Pete Harris | 230 | 1:08:14 | City Of Salisbury AC RC | m | 83 | 71.5 | 1:07:59 | 6:48 | 4:13 |
| 116 | Eli Dawson | 579 | 1:08:17 | Alton Runners | m | 84 | 71.2 | 1:08:03 | 6:48 | 4:14 |
| 117 | Hannah Polden | 797 | 1:08:24 | Southampton AC | f | 12 | 95.3 | 1:08:17 | 6:50 | 4:15 |
| 118 | Christopher Chester | 358 | 1:08:25 | Hedge End RC | m | 85 | 70.8 | 1:08:10 | 6:49 | 4:14 |
| 119 | Dave Thorpe | 136 | 1:08:28 | Stubbington Green Runners | m | 86 | 70.5 | 1:08:18 | 6:50 | 4:15 |
| 120 | Robbie Barlow | 216 | 1:08:35 | Totton RC | m | 87 | 70.1 | 1:08:22 | 6:50 | 4:15 |
| 121 | Tony Anderson | 622 | 1:08:35 | | m | | | 01:08:16 | 6:50 | 4:15 |
| 122 | Robson Trendell | 686 | 1:08:38 | Hedge End RC | m | 88 | 69.8 | 1:08:27 | 6:51 | 4:15 |
| 123 | Robin Stacey | 664 | 1:08:42 | Itchen Spitfires RC | m | 89 | 69.4 | 1:08:26 | 6:51 | 4:15 |
| 124 | Richard Larcombe | 711 | 1:08:43 | City Of Salisbury AC RC | m | 90 | 69.1 | 1:08:30 | 6:51 | 4:15 |
| 125 | Christopher Connell | 723 | 1:08:45 | Itchen Spitfires RC | m | 91 | 68.8 | 1:08:27 | 6:51 | 4:15 |
| 126 | Aaron Rogers | 733 | 1:08:48 | Lordshill Road Runners | m | 92 | 68.4 | 1:08:31 | 6:51 | 4:15 |
| 127 | Andrew Gates | 307 | 1:08:56 | Totton RC | m | 93 | 68.1 | 1:08:44 | 6:52 | 4:16 |
| 128 | Daniel Lurcock | 271 | 1:09:01 | Romsey Road Runners | m | 94 | 67.7 | 1:08:49 | 6:53 | 4:17 |
| 129 | Keith Marshall | 755 | 1:09:01 | Farnham Runners | m | 95 | 67.4 | 1:08:46 | 6:53 | 4:16 |
| 130 | Esther Wiley | 330 | 1:09:14 | Totton RC | f | 13 | 94.9 | 1:09:05 | 6:55 | 4:18 |
| 131 | Kevin Cox | 323 | 1:09:19 | | m | | | 01:08:58 | 6:54 | 4:17 |
| 132 | Michael Harrison | 871 | 1:09:20 | Denmead Striders | m | 96 | 67.0 | 1:09:01 | 6:54 | 4:17 |
| 133 | Rob Earle | 526 | 1:09:23 | | m | | | 01:09:07 | 6:55 | 4:18 |

| | | | | | | | | | | |
|-----|--------------------|-----|----------|---------------------------|---|-----|------|----------|------|------|
| 134 | Gareth Juliff | 352 | 1:09:27 | Overton Harriers | m | 97 | 66.7 | 1:09:16 | 6:56 | 4:18 |
| 135 | Charlotte Ingram | 505 | 1:09:30 | City Of Salisbury AC RC | f | 14 | 94.5 | 1:09:19 | 6:56 | 4:18 |
| 136 | Stephen Maley | 98 | 1:09:31 | Portobello Running Club | m | | | 01:09:21 | 6:56 | 4:19 |
| 137 | Adam Ruddy | 650 | 1:09:37 | Itchen Spiffires RC | m | 98 | 66.3 | 1:09:21 | 6:56 | 4:19 |
| 138 | Alice Burch | 762 | 1:09:39 | Totton RC | f | 15 | 94.0 | 1:09:34 | 6:57 | 4:19 |
| 139 | Clive Smith | 649 | 1:09:52 | | m | | | 01:09:22 | 6:56 | 4:19 |
| 140 | michael boardman | 12 | 1:09:54 | Salisbury Tri club | m | | | 01:09:40 | 6:58 | 4:20 |
| 141 | Garry Sharp | 315 | 1:09:57 | Isle Of Wight RR AC | m | 99 | 66.0 | 1:09:38 | 6:58 | 4:20 |
| 142 | Carl Griffett | 817 | 01:10:05 | DARC | m | | | 01:09:49 | 6:59 | 4:20 |
| 143 | Nick Hudson | 88 | 01:10:10 | City Of Salisbury AC RC | m | 100 | 65.6 | 1:09:48 | 6:59 | 4:20 |
| 144 | Chris Cook | 423 | 01:10:18 | Lordshill Road Runners | m | 101 | 65.3 | 01:10:00 | 7:00 | 4:21 |
| 145 | Jamie Kilner-Smith | 580 | 01:10:18 | Alton Runners | m | 102 | 64.9 | 01:10:04 | 7:00 | 4:21 |
| 146 | Stephen Stroud | 826 | 01:10:28 | | m | | | 01:08:53 | 6:53 | 4:17 |
| 147 | Michael Boardman | 403 | 01:10:34 | City Of Salisbury AC RC | m | 103 | 64.6 | 01:10:12 | 7:01 | 4:22 |
| 148 | Saul Duck | 2 | 01:10:38 | Winchester & District AC | m | 104 | 64.2 | 01:10:25 | 7:03 | 4:23 |
| 149 | Stephen Lowy | 574 | 01:10:44 | Winchester & District AC | m | 105 | 63.9 | 01:10:30 | 7:03 | 4:23 |
| 150 | Peter Robbins | 844 | 01:10:49 | Eastleigh RC | m | 106 | 63.5 | 01:10:22 | 7:02 | 4:22 |
| 151 | Simon Toms | 853 | 01:10:51 | Denmead Striders | m | 107 | 63.2 | 01:10:35 | 7:03 | 4:23 |
| 152 | Tony Hamilton | 61 | 01:10:55 | Salisbury Tri club | m | | | 01:10:44 | 7:04 | 4:24 |
| 153 | Chris Brooks | 367 | 01:10:56 | Hedge End RC | m | 108 | 62.8 | 01:10:38 | 7:04 | 4:23 |
| 154 | Jennifer Macmaster | 911 | 01:11:05 | Devizes RC | f | | | 01:10:45 | 7:04 | 4:24 |
| 155 | Lesley Moore | 918 | 01:11:12 | Poole AC | f | | | 01:11:01 | 7:06 | 4:25 |
| 156 | Andrew Isaac | 901 | 01:11:14 | Littleton Harriers | m | | | 01:11:02 | 7:06 | 4:25 |
| 157 | Ben Smith | 207 | 01:11:16 | | m | | | 01:11:08 | 7:07 | 4:25 |
| 158 | Stephen OConnell | 325 | 01:11:18 | Littleton Harriers | m | | | 01:11:04 | 7:06 | 4:25 |
| 159 | Sam Stephenson | 804 | 01:11:20 | City Of Salisbury AC RC | m | 109 | 62.5 | 01:11:02 | 7:06 | 4:25 |
| 160 | Joseph Cornwall | 217 | 01:11:20 | City Of Salisbury AC RC | m | 110 | 62.2 | 01:10:58 | 7:06 | 4:25 |
| 161 | Joanne Labram | 643 | 01:11:22 | Hedge End RC | f | 16 | 93.6 | 1:11:07 | 7:07 | 4:25 |
| 162 | Graham Donnachie | 874 | 01:11:24 | Stubbington Green Runners | m | 111 | 61.8 | 01:11:11 | 7:07 | 4:25 |
| 163 | Jodie Wilmott | 515 | 01:11:27 | Isle Of Wight RR AC | f | 17 | 93.2 | 1:11:15 | 7:07 | 4:26 |
| 164 | Peter Wilmott | 516 | 01:11:27 | Isle Of Wight RR AC | m | 112 | 61.5 | 01:11:15 | 7:07 | 4:26 |
| 165 | Simon Turner | 759 | 01:11:33 | Victory AC | m | 113 | 61.1 | 01:11:09 | 7:07 | 4:25 |
| 166 | Jerome Bordry | 370 | 01:11:33 | Hedge End RC | m | 114 | 60.8 | 01:11:17 | 7:08 | 4:26 |
| 167 | Matthew Lovesey | 408 | 01:11:36 | Lordshill Road Runners | m | 115 | 60.4 | 01:11:27 | 7:09 | 4:26 |
| 168 | Angus Coull | 920 | 01:11:37 | | m | | | 01:11:10 | 7:07 | 4:25 |
| 169 | Darren Moore | 897 | 01:11:40 | Poole AC | m | | | 01:11:28 | 7:09 | 4:26 |
| 170 | Vicki Clarke | 263 | 01:11:40 | Hardley Runners | f | 18 | 92.8 | 1:11:25 | 7:09 | 4:26 |
| 171 | David Delicate | 939 | 01:11:46 | Fareham Crusaders RC | m | 116 | 60.1 | 01:11:24 | 7:08 | 4:26 |
| 172 | Gary Ashley | 716 | 01:12:06 | | m | | | 01:11:47 | 7:11 | 4:28 |
| 173 | Marc Hankins | 486 | 01:12:17 | City Of Salisbury AC RC | m | 117 | 59.7 | 01:11:56 | 7:12 | 4:28 |
| 174 | Andrew Fuller | 785 | 01:12:39 | Victory AC | m | 118 | 59.4 | 01:12:14 | 7:13 | 4:29 |
| 175 | Alan McVittie | 889 | 01:12:40 | Denmead Striders | m | 119 | 59.0 | 01:12:23 | 7:14 | 4:30 |
| 176 | James Ballard | 392 | 01:12:40 | City Of Salisbury AC RC | m | 120 | 58.7 | 01:12:08 | 7:13 | 4:29 |
| 177 | Mark Underwood | 569 | 01:12:45 | Overton Harriers | m | 121 | 58.3 | 01:12:34 | 7:15 | 4:31 |
| 178 | Helen Gilbert | 84 | 01:12:47 | Littleton Harriers | f | | | 01:12:32 | 7:15 | 4:30 |
| 179 | Nicola Thomas | 824 | 01:12:52 | Portsmouth Joggers | f | 19 | 92.3 | 1:12:40 | 7:16 | 4:31 |
| 180 | Mark Shaddock | 586 | 01:12:56 | | m | | | 01:12:33 | 7:15 | 4:30 |
| 181 | Simon Delves | 761 | 01:12:59 | Victory AC | m | 122 | 58.0 | 01:12:36 | 7:16 | 4:31 |
| 182 | James Lathwell | 747 | 01:13:03 | Hedge End RC | m | 123 | 57.6 | 01:12:46 | 7:17 | 4:31 |
| 183 | Tony Lees | 321 | 01:13:08 | Totton RC | m | 124 | 57.3 | 01:12:59 | 7:18 | 4:32 |
| 184 | Laura Jack | 816 | 01:13:15 | Netley Abbey Runners | f | 20 | 91.9 | 1:12:57 | 7:18 | 4:32 |
| 185 | Maria Everett | 942 | 01:13:16 | Littleton Harriers | f | | | 01:12:50 | 7:17 | 4:32 |
| 186 | David Ball | 781 | 01:13:18 | Lonely Goat Running Club | m | | | 01:13:00 | 7:18 | 4:32 |
| 187 | Connie Green | 838 | 01:13:19 | Lordshill Road Runners | f | 21 | 91.5 | 1:12:58 | 7:18 | 4:32 |
| 188 | Tom Hetherington | 573 | 01:13:24 | | m | | | 01:13:11 | 7:19 | 4:33 |
| 189 | John Saunders | 662 | 01:13:26 | Fareham Crusaders RC | m | 125 | 56.9 | 01:12:59 | 7:18 | 4:32 |
| 190 | Matthew Fletcher | 674 | 01:13:26 | Isle Of Wight RR AC | m | 126 | 56.6 | 01:12:57 | 7:18 | 4:32 |
| 191 | Kevin Tilley | 828 | 01:13:27 | City Of Salisbury AC RC | m | 127 | 56.3 | 01:13:09 | 7:19 | 4:33 |
| 192 | Richard Taylor | 65 | 01:13:29 | Alton Runners | m | 128 | 55.9 | 01:12:49 | 7:17 | 4:31 |
| 193 | Samantha Hibdige | 885 | 01:13:30 | City Of Salisbury AC RC | f | 22 | 91.1 | 1:13:15 | 7:19 | 4:33 |
| 194 | Ben Graham | 297 | 01:13:31 | | m | | | 01:13:17 | 7:20 | 4:33 |
| 195 | Mark Brooks | 371 | 01:13:32 | Fareham Crusaders RC | m | 129 | 55.6 | 01:13:13 | 7:19 | 4:33 |
| 196 | David Lown | 545 | 01:13:38 | Victory AC | m | 130 | 55.2 | 01:13:15 | 7:19 | 4:33 |
| 197 | Mark Harris | 272 | 01:13:39 | Avon Valley Runners | m | | | 01:13:27 | 7:21 | 4:34 |
| 198 | Paul Watling | 680 | 01:13:41 | City Of Salisbury AC RC | m | 131 | 54.9 | 01:13:17 | 7:20 | 4:33 |
| 199 | paul Turle | 341 | 01:13:44 | Littleton Harriers | m | | | 01:13:29 | 7:21 | 4:34 |
| 200 | Christopher Cramp | 154 | 01:14:00 | Farnham Runners | m | 132 | 54.5 | 01:13:39 | 7:22 | 4:35 |

| | | | | | | | | | | |
|-----|------------------------|-----|----------|----------------------------|---|-----|------|----------|------|------|
| 201 | Caroline Horder | 448 | 01:14:04 | Littletdown Harriers | f | | | 01:13:42 | 7:22 | 4:35 |
| 202 | Joanne House | 530 | 01:14:08 | Lordshill Road Runners | f | 23 | 90.6 | 1:13:58 | 7:24 | 4:36 |
| 203 | Christian Searle | 296 | 01:14:12 | Lordshill Road Runners | m | 133 | 54.2 | 01:13:51 | 7:23 | 4:35 |
| 204 | Andrew Taphouse | 438 | 01:14:16 | Hedge End RC | m | 134 | 53.8 | 01:14:00 | 7:24 | 4:36 |
| 205 | Luke Pierce | 453 | 01:14:18 | | m | | | 01:13:52 | 7:23 | 4:35 |
| 206 | Becky Stark | 398 | 01:14:23 | Hedge End RC | f | 24 | 90.2 | 1:14:06 | 7:25 | 4:36 |
| 207 | Sara Genco | 388 | 01:14:23 | Littletdown Harriers | f | | | 01:13:58 | 7:24 | 4:36 |
| 208 | Marie Droniou-Bordry | 19 | 01:14:25 | Hedge End RC | f | 25 | 89.8 | 1:14:07 | 7:25 | 4:36 |
| 209 | Daniel Hull | 635 | 01:14:26 | Totton RC | m | 135 | 53.5 | 01:14:16 | 7:26 | 4:37 |
| 210 | Paul Southon | 387 | 01:14:26 | Fareham Crusaders RC | m | 136 | 53.1 | 01:13:50 | 7:23 | 4:35 |
| 211 | Amanda Miles | 313 | 01:14:26 | Totton RC | f | 26 | 89.4 | 1:14:17 | 7:26 | 4:37 |
| 212 | Catherine Morgan-Smith | 793 | 01:14:27 | | f | | | 01:14:09 | 7:25 | 4:36 |
| 213 | Jonathan Hargrave | 490 | 01:14:29 | | m | | | 01:13:58 | 7:24 | 4:36 |
| 214 | Tim Withers | 602 | 01:14:32 | Lordshill Road Runners | m | 137 | 52.8 | 01:13:49 | 7:23 | 4:35 |
| 215 | Lisa-Marie Peckover | 533 | 01:14:47 | Denmead Striders | f | 27 | 88.9 | 1:14:05 | 7:24 | 4:36 |
| 216 | Philip Scrase | 201 | 01:14:48 | Alton Runners | m | 138 | 52.4 | 01:14:25 | 7:26 | 4:37 |
| 217 | Ali Hardaway | 389 | 01:14:48 | Farnham Runners | m | 139 | 52.1 | 01:14:06 | 7:25 | 4:36 |
| 218 | Sarah Brewster | 404 | 01:14:49 | City Of Salisbury AC RC | f | 28 | 88.5 | 1:14:38 | 7:28 | 4:38 |
| 219 | Wayne Bellows | 300 | 01:14:51 | Itchen Spiffires RC | m | 140 | 51.7 | 01:14:36 | 7:28 | 4:38 |
| 220 | Matthew Harris | 712 | 01:14:55 | City Of Salisbury AC RC | m | 141 | 51.4 | 01:14:23 | 7:26 | 4:37 |
| 221 | Holly Matthews | 646 | 01:14:58 | Netley Abbey Runners | f | 29 | 88.1 | 1:14:41 | 7:28 | 4:38 |
| 222 | Mark Grandy | 584 | 01:15:05 | Portsmouth Joggers | m | 142 | 51.0 | 01:14:34 | 7:27 | 4:38 |
| 223 | Craig Williamson | 86 | 01:15:06 | | m | | | 01:14:35 | 7:28 | 4:38 |
| 224 | Andrew Olden | 116 | 01:15:07 | Wimborne AC | m | | | 01:15:00 | 7:30 | 4:40 |
| 225 | Tracey Pearce | 588 | 01:15:09 | | f | | | 01:14:49 | 7:29 | 4:39 |
| 226 | Chris Lamb | 640 | 01:15:17 | Lordshill Road Runners | m | 143 | 50.7 | 01:14:30 | 7:27 | 4:38 |
| 227 | Simon Stait | 931 | 01:15:19 | | m | | | 01:14:19 | 7:26 | 4:37 |
| 228 | Simon Wilkins | 550 | 01:15:20 | | m | | | 01:14:33 | 7:27 | 4:38 |
| 229 | Nick White | 587 | 01:15:21 | Fareham Crusaders RC | m | 144 | 50.3 | 01:14:50 | 7:29 | 4:39 |
| 230 | Emma Mason | 7 | 01:15:28 | | f | | | 01:15:11 | 7:31 | 4:40 |
| 231 | Yvonne Bullen | 241 | 01:15:29 | Les Croupiers Running Club | f | | | 01:15:10 | 7:31 | 4:40 |
| 232 | Kevin Allen | 141 | 01:15:30 | Gosport Road Runners | m | 145 | 50.0 | 01:15:04 | 7:30 | 4:40 |
| 233 | Richard Bullen | 240 | 01:15:32 | Les Croupiers Running Club | m | | | 01:15:24 | 7:32 | 4:41 |
| 234 | Bob Pentland | 101 | 01:15:36 | Portsmouth Joggers | m | 146 | 49.7 | 01:15:10 | 7:31 | 4:40 |
| 235 | Stuart Robertson | 16 | 01:15:38 | City Of Salisbury AC RC | m | 147 | 49.3 | 01:15:08 | 7:31 | 4:40 |
| 236 | peter Rejchrt | 476 | 01:15:39 | Westbourne R C | m | | | 01:15:25 | 7:32 | 4:41 |
| 237 | Jo Gilholm | 777 | 01:15:39 | Victory AC | f | 30 | 87.7 | 1:15:16 | 7:32 | 4:41 |
| 238 | Nick Bailey | 343 | 01:15:46 | | m | | | 01:15:20 | 7:32 | 4:41 |
| 239 | Michael Rae | 152 | 01:15:47 | Portsmouth Joggers | m | 148 | 49.0 | 01:15:08 | 7:31 | 4:40 |
| 240 | Dean Dolman | 727 | 01:15:48 | Fareham Crusaders RC | m | 149 | 48.6 | 01:15:14 | 7:31 | 4:40 |
| 241 | Emma Proctor | 425 | 01:15:49 | Alton Runners | f | 31 | 87.2 | 1:15:10 | 7:31 | 4:40 |
| 242 | Mick Welland | 861 | 01:15:49 | Stubbington Green Runners | m | 150 | 48.3 | 01:15:38 | 7:34 | 4:42 |
| 243 | Andy Caldwell | 335 | 01:16:02 | Andover AC | m | 151 | 47.9 | 01:15:40 | 7:34 | 4:42 |
| 244 | Kevin Busch | 860 | 01:16:03 | Gosport Road Runners | m | 152 | 47.6 | 01:15:29 | 7:33 | 4:41 |
| 245 | Laura Buchanan | 258 | 01:16:04 | | f | | | 01:15:19 | 7:32 | 4:41 |
| 246 | Jenny Marston | 393 | 01:16:12 | Lordshill Road Runners | f | 32 | 86.8 | 1:15:35 | 7:33 | 4:42 |
| 247 | Mary Mowbray | 750 | 01:16:17 | | f | | | 01:15:38 | 7:34 | 4:42 |
| 248 | Jonathan Kershaw | 175 | 01:16:17 | City Of Salisbury AC RC | m | 153 | 47.2 | 01:15:54 | 7:35 | 4:43 |
| 249 | Rithy Hy | 708 | 01:16:19 | City Of Salisbury AC RC | m | 154 | 46.9 | 01:15:57 | 7:36 | 4:43 |
| 250 | Lucy Fraser | 778 | 01:16:20 | Lordshill Road Runners | f | 33 | 86.4 | 1:15:49 | 7:35 | 4:43 |
| 251 | Heather Khoshnevis | 322 | 01:16:21 | Littletdown Harriers | f | | | 01:15:59 | 7:36 | 4:43 |
| 252 | Sari Giering | 400 | 01:16:27 | Lordshill Road Runners | f | 34 | 86.0 | 1:16:06 | 7:37 | 4:44 |
| 253 | Steve Cluett | 825 | 01:16:29 | Winchester & District AC | m | 155 | 46.5 | 01:16:15 | 7:38 | 4:44 |
| 254 | Lucy Bartlett | 737 | 01:16:33 | Fareham Crusaders RC | f | 35 | 85.5 | 1:16:07 | 7:37 | 4:44 |
| 255 | Kevin McGrory | 461 | 01:16:34 | Poole AC | m | | | 01:15:59 | 7:36 | 4:43 |
| 256 | Gillian Dowling | 186 | 01:16:39 | Gosport Road Runners | f | 36 | 85.1 | 1:16:13 | 7:37 | 4:44 |
| 257 | Paul Snelling | 832 | 01:16:42 | Fareham Crusaders RC | m | 156 | 46.2 | 01:16:09 | 7:37 | 4:44 |
| 258 | Adam Crook | 6 | 01:16:44 | Gosport Road Runners | m | 157 | 45.8 | 01:16:18 | 7:38 | 4:44 |
| 259 | Gavin Llewellyn | 494 | 01:16:47 | Gosport Road Runners | m | 158 | 45.5 | 01:16:12 | 7:37 | 4:44 |
| 260 | Emma Clarke | 796 | 01:16:47 | City Of Salisbury AC RC | f | 37 | 84.7 | 1:16:15 | 7:38 | 4:44 |
| 261 | Mark Bonnor-Moris | 700 | 01:17:10 | | m | | | 01:16:40 | 7:40 | 4:46 |
| 262 | helen kerr | 390 | 01:17:19 | | f | | | 01:16:52 | 7:41 | 4:47 |
| 263 | Paul Lock | 941 | 01:17:26 | Littletdown Harriers | m | | | 01:17:03 | 7:42 | 4:47 |
| 264 | Abigail Cheesman | 837 | 01:17:28 | Lordshill Road Runners | f | 38 | 84.3 | 1:16:55 | 7:42 | 4:47 |
| 265 | James Dundas | 606 | 01:17:36 | PNRC | m | | | 01:17:11 | 7:43 | 4:48 |
| 266 | robert langley | 657 | 01:17:43 | Portsmouth Joggers | m | 159 | 45.1 | 01:17:35 | 7:45 | 4:49 |
| 267 | Sophie Coady | 787 | 01:17:50 | Totton RC | f | 39 | 83.8 | 1:17:38 | 7:46 | 4:49 |

| | | | | | | | | | | | |
|-----|--------------------|-----|----------|---------------------------|---|-----|------|--|----------|------|------|
| 268 | Anne Slater | 842 | 01:17:55 | | | | f | | 01:17:35 | 7:45 | 4:49 |
| 269 | Sharon Cruse | 669 | 01:17:59 | Lymington Athletes | | | f | | 01:17:30 | 7:45 | 4:49 |
| 270 | Kathy Fooks | 349 | 01:17:59 | Littletdown Harriers | | | f | | 01:17:37 | 7:46 | 4:49 |
| 271 | Paul Shawyer | 800 | 01:18:02 | Fareham Crusaders RC | m | 160 | 44.8 | | 01:17:27 | 7:45 | 4:49 |
| 272 | Jill White | 854 | 01:18:13 | Lordshill Road Runners | f | 40 | 83.4 | | 1:17:32 | 7:45 | 4:49 |
| 273 | Amanda Jefferies | 666 | 01:18:15 | | f | | | | 01:17:49 | 7:47 | 4:50 |
| 274 | Michael Cunningham | 356 | 01:18:18 | | m | | | | 01:17:52 | 7:47 | 4:50 |
| 275 | Stephen Clow | 150 | 01:18:23 | Alton Runners | m | 161 | 44.4 | | 01:17:43 | 7:46 | 4:50 |
| 276 | Kevin Rann | 318 | 01:18:24 | Isle Of Wight RR AC | m | 162 | 44.1 | | 01:17:57 | 7:48 | 4:51 |
| 277 | Zoe Sherwin | 738 | 01:18:27 | Isle Of Wight RR AC | f | 41 | 83.0 | | 1:17:59 | 7:48 | 4:51 |
| 278 | Patrick Cooper | 868 | 01:18:28 | Lordshill Road Runners | m | 163 | 43.8 | | 01:18:06 | 7:49 | 4:51 |
| 279 | Mike Mattingly | 609 | 01:18:30 | Lordshill Road Runners | m | 164 | 43.4 | | 01:18:06 | 7:49 | 4:51 |
| 280 | Diane Mattingly | 121 | 01:18:34 | Lordshill Road Runners | f | 42 | 82.6 | | 1:18:02 | 7:48 | 4:51 |
| 281 | Tom Swatridge | 689 | 01:18:38 | | m | | | | 01:18:09 | 7:49 | 4:51 |
| 282 | Jane Buxton | 878 | 01:18:39 | Eastleigh RC | f | 43 | 82.1 | | 1:18:20 | 7:50 | 4:52 |
| 283 | Joanne Bailey | 305 | 01:18:46 | City Of Salisbury AC RC | f | 44 | 81.7 | | 1:18:05 | 7:48 | 4:51 |
| 284 | Kirstin Hay | 457 | 01:18:54 | Poole AC | f | | | | 01:18:21 | 7:50 | 4:52 |
| 285 | Steve Johnson | 729 | 01:18:57 | Lordshill Road Runners | m | 165 | 43.1 | | 01:18:24 | 7:50 | 4:52 |
| 286 | Jamie Earley | 627 | 01:19:04 | Stubbington Green Runners | m | 166 | 42.7 | | 01:18:45 | 7:52 | 4:54 |
| 287 | Darren Day | 788 | 01:19:17 | | m | | | | 01:18:36 | 7:52 | 4:53 |
| 288 | Alan Cowan | 219 | 01:19:19 | Hedge End RC | m | 167 | 42.4 | | 01:19:02 | 7:54 | 4:55 |
| 289 | Jim Clow | 757 | 01:19:24 | Victory AC | m | 168 | 42.0 | | 01:18:59 | 7:54 | 4:54 |
| 290 | Claire Cannon | 734 | 01:19:28 | Lordshill Road Runners | f | 45 | 81.3 | | 1:18:56 | 7:54 | 4:54 |
| 291 | Catherine Seager | 228 | 01:19:29 | Liss Runners | f | 46 | 80.9 | | 1:18:36 | 7:52 | 4:53 |
| 292 | Lynn McKeague | 122 | 01:19:31 | Winchester & District AC | f | 47 | 80.4 | | 1:18:59 | 7:54 | 4:54 |
| 293 | Jonathan Read | 510 | 01:19:35 | Alton Runners | m | 169 | 41.7 | | 01:19:05 | 7:54 | 4:55 |
| 294 | Jane Hodge | 188 | 01:19:38 | Hardley Runners | f | 48 | 80.0 | | 1:19:24 | 7:56 | 4:56 |
| 295 | Christian Miles | 41 | 01:19:39 | | m | | | | 01:19:22 | 7:56 | 4:56 |
| 296 | John Chamberlain | 433 | 01:19:41 | City Of Salisbury AC RC | m | 170 | 41.3 | | 01:19:13 | 7:55 | 4:55 |
| 297 | Neil Cameron | 769 | 01:19:42 | Totton RC | m | 171 | 41.0 | | 01:19:11 | 7:55 | 4:55 |
| 298 | Colin Gardner | 523 | 01:19:43 | Gosport Road Runners | m | 172 | 40.6 | | 01:19:23 | 7:56 | 4:56 |
| 299 | Peter Bott | 551 | 01:19:43 | City Of Salisbury AC RC | m | 173 | 40.3 | | 01:19:11 | 7:55 | 4:55 |
| 300 | Joanna Curtis | 302 | 01:19:44 | Winchester & District AC | f | 49 | 79.6 | | 1:19:19 | 7:56 | 4:56 |
| 301 | Andrew Hillam | 876 | 01:19:45 | Fareham Crusaders RC | m | 174 | 39.9 | | 01:19:10 | 7:55 | 4:55 |
| 302 | Kris Cassidy | 5 | 01:19:48 | City Of Salisbury AC RC | m | 175 | 39.6 | | 01:19:11 | 7:55 | 4:55 |
| 303 | Thomas Gibson | 925 | 01:19:51 | Cambridge Coleridge AC | m | | | | 01:19:03 | 7:54 | 4:55 |
| 304 | Heather Hitchins | 107 | 01:19:53 | City Of Salisbury AC RC | f | 50 | 79.1 | | 1:19:17 | 7:56 | 4:56 |
| 305 | Tim Fewins | 840 | 01:19:56 | City Of Salisbury AC RC | m | 176 | 39.2 | | 01:19:32 | 7:57 | 4:57 |
| 306 | Melissa Callister | 177 | 01:20:05 | Winchester & District AC | f | 51 | 78.7 | | 1:19:34 | 7:57 | 4:57 |
| 307 | David Hopkinson | 673 | 01:20:08 | South West Veterans AC | m | | | | 01:19:27 | 7:57 | 4:56 |
| 308 | Naomi Shaylor | 266 | 01:20:12 | Alton Runners | f | 52 | 78.3 | | 1:19:41 | 7:58 | 4:57 |
| 309 | Graham Filmer | 256 | 01:20:12 | Poole AC | m | | | | 01:19:34 | 7:57 | 4:57 |
| 310 | Amy Fox | 191 | 01:20:13 | Stubbington Green Runners | f | 53 | 77.9 | | 1:19:35 | 7:58 | 4:57 |
| 311 | Richard Law | 304 | 01:20:16 | Gosport Road Runners | m | 177 | 38.9 | | 01:20:04 | 8:00 | 4:59 |
| 312 | Stuart Hoare | 619 | 01:20:18 | Denmead Striders | m | 178 | 38.5 | | 01:19:41 | 7:58 | 4:57 |
| 313 | Gary McCawley | 60 | 01:20:18 | Denmead Striders | m | 179 | 38.2 | | 01:19:43 | 7:58 | 4:57 |
| 314 | Julia Roiz de Sa | 498 | 01:20:19 | Gosport Road Runners | f | 54 | 77.4 | | 1:19:44 | 7:58 | 4:57 |
| 315 | Karen Denham | 42 | 01:20:20 | Hardley Runners | f | 55 | 77.0 | | 1:19:50 | 7:59 | 4:58 |
| 316 | Elina Copage | 391 | 01:20:20 | Littletdown Harriers | f | | | | 01:19:53 | 7:59 | 4:58 |
| 317 | Scott Dutton | 363 | 01:20:21 | Littletdown Harriers | m | | | | 01:19:32 | 7:57 | 4:57 |
| 318 | simon eggington | 483 | 01:20:21 | PNRC | m | | | | 01:19:55 | 7:59 | 4:58 |
| 319 | jonathan woods | 87 | 01:20:22 | Littletdown Harriers | m | | | | 01:19:54 | 7:59 | 4:58 |
| 320 | James Patrickson | 805 | 01:20:27 | City Of Salisbury AC RC | m | 180 | 37.8 | | 01:19:56 | 8:00 | 4:58 |
| 321 | Edward Casper | 385 | 01:20:31 | Fareham Crusaders RC | m | 181 | 37.5 | | 01:19:53 | 7:59 | 4:58 |
| 322 | Nathan Yates | 604 | 01:20:32 | | m | | | | 01:19:58 | 8:00 | 4:58 |
| 323 | Ruth Sadler | 693 | 01:20:39 | Itchen Spitfires RC | f | 56 | 76.6 | | 1:20:11 | 8:01 | 4:59 |
| 324 | Tom Mingaye | 696 | 01:20:40 | | m | | | | 01:19:51 | 7:59 | 4:58 |
| 325 | Stanley Cook | 851 | 01:20:40 | | m | | | | 01:19:53 | 7:59 | 4:58 |
| 326 | Ian Elgy | 929 | 01:20:44 | | m | | | | 01:19:51 | 7:59 | 4:58 |
| 327 | Paul Kettle | 914 | 01:20:45 | | m | | | | 01:20:12 | 8:01 | 4:59 |
| 328 | Sophie James | 26 | 01:20:45 | Totton RC | f | 57 | 76.2 | | 1:20:32 | 8:03 | 5:00 |
| 329 | Alice Jones | 200 | 01:20:51 | Lordshill Road Runners | f | 58 | 75.7 | | 1:20:14 | 8:01 | 4:59 |
| 330 | Neil Cunliffe | 429 | 01:20:55 | Hart Road Runners | m | 182 | 37.2 | | 01:20:20 | 8:02 | 5:00 |
| 331 | Lucie Dovey | 397 | 01:20:59 | | f | | | | 01:20:33 | 8:03 | 5:00 |
| 332 | John Kidby | 504 | 01:21:01 | Fareham Crusaders RC | m | 183 | 36.8 | | 01:20:23 | 8:02 | 5:00 |
| 333 | Jon Brown | 167 | 01:21:03 | | m | | | | 01:20:46 | 8:05 | 5:01 |
| 334 | Scott Appleby | 940 | 01:21:03 | Itchen Spitfires RC | m | 184 | 36.5 | | 01:20:00 | 8:00 | 4:58 |

| | | | | | | | | | | |
|-----|-------------------------|-----|----------|--------------------------|---|-----|------|----------|------|------|
| 335 | Kevin O'Leary | 185 | 01:21:03 | City Of Salisbury AC RC | m | 185 | 36.1 | 01:20:26 | 8:03 | 5:00 |
| 336 | Tracy Ashley | 362 | 01:21:08 | Littledown Harriers | f | | | 01:20:39 | 8:04 | 5:01 |
| 337 | Kat Smart | 412 | 01:21:10 | Poole AC | f | | | 01:20:36 | 8:04 | 5:00 |
| 338 | Charlie Hutcheson | 69 | 01:21:16 | | m | | | 01:20:20 | 8:02 | 5:00 |
| 339 | Esther Park | 488 | 01:21:19 | Alton Runners | f | 59 | 75.3 | 1:20:55 | 8:06 | 5:02 |
| 340 | Darren knight | 746 | 01:21:21 | Victory AC | m | 186 | 35.8 | 01:20:40 | 8:04 | 5:01 |
| 341 | Steve Robinson | 616 | 01:21:27 | City Of Salisbury AC RC | m | 187 | 35.4 | 01:20:48 | 8:05 | 5:01 |
| 342 | Paul Wickham | 892 | 01:21:27 | | m | | | 01:20:57 | 8:06 | 5:02 |
| 343 | Rachel Byers | 932 | 01:21:33 | Winchester & District AC | f | 60 | 74.9 | 1:21:07 | 8:07 | 5:02 |
| 344 | Terry Healy | 159 | 01:21:34 | Victory AC | m | 188 | 35.1 | 01:20:51 | 8:05 | 5:01 |
| 345 | Rhys Edwards | 820 | 01:21:35 | | m | | | 01:20:29 | 8:03 | 5:00 |
| 346 | Faith Tipper | 784 | 01:21:38 | Ivanhoe Runners | f | | | 01:21:05 | 8:07 | 5:02 |
| 347 | Victoria Thomas | 883 | 01:21:43 | | f | | | 01:21:07 | 8:07 | 5:02 |
| 348 | Joshua Thomas | 884 | 01:21:44 | | m | | | 01:21:07 | 8:07 | 5:02 |
| 349 | Yvonne Coxhill | 46 | 01:21:47 | Hedge End RC | f | 61 | 74.5 | 1:21:14 | 8:07 | 5:03 |
| 350 | Dean Conway | 536 | 01:21:51 | Gosport Road Runners | m | 189 | 34.7 | 01:21:32 | 8:09 | 5:04 |
| 351 | Sarah Butler | 434 | 01:21:51 | Hedge End RC | f | 62 | 74.0 | 1:21:09 | 8:07 | 5:03 |
| 352 | Andy Holmes | 378 | 01:21:53 | Fareham Crusaders RC | m | 190 | 34.4 | 01:21:19 | 8:08 | 5:03 |
| 353 | Barry Vincent | 109 | 01:21:56 | City Of Salisbury AC RC | m | 191 | 34.0 | 01:21:19 | 8:08 | 5:03 |
| 354 | Sarah Hales | 243 | 01:22:00 | Liss Runners | f | 63 | 73.6 | 1:21:06 | 8:07 | 5:02 |
| 355 | Peter Rattue | 718 | 01:22:05 | | m | | | 01:20:28 | 8:03 | 5:00 |
| 356 | Anita Foy | 850 | 01:22:06 | Fareham Crusaders RC | f | 64 | 73.2 | 1:21:30 | 8:09 | 5:04 |
| 357 | Jonathan Kane | 346 | 01:22:08 | Winchester & District AC | m | 192 | 33.7 | 01:21:24 | 8:08 | 5:03 |
| 358 | Ian Bowers | 368 | 01:22:09 | Hedge End RC | m | 193 | 33.3 | 01:21:08 | 8:07 | 5:02 |
| 359 | Mike Gordon | 600 | 01:22:10 | Totton RC | m | 194 | 33.0 | 01:21:43 | 8:10 | 5:05 |
| 360 | Emma Smith | 661 | 01:22:10 | City Of Salisbury AC RC | f | 65 | 72.8 | 1:21:39 | 8:10 | 5:04 |
| 361 | Steven Mitchell | 881 | 01:22:11 | City Of Salisbury AC RC | m | 195 | 32.6 | 01:21:40 | 8:10 | 5:04 |
| 362 | Martin Hudson | 294 | 01:22:14 | Littledown Harriers | m | | | 01:21:44 | 8:10 | 5:05 |
| 363 | Natasha Ellis | 80 | 01:22:20 | | f | | | 01:21:35 | 8:10 | 5:04 |
| 364 | Rosie Essery | 139 | 01:22:21 | Lordshill Road Runners | f | 66 | 72.3 | 1:21:43 | 8:10 | 5:05 |
| 365 | michael Pearce | 350 | 01:22:22 | Alton Runners | m | 196 | 32.3 | 01:22:01 | 8:12 | 5:06 |
| 366 | Paul Backhouse | 326 | 01:22:26 | Eastleigh RC | m | 197 | 31.9 | 01:21:31 | 8:09 | 5:04 |
| 367 | Brian Matthews | 287 | 01:22:27 | Hedge End RC | m | 198 | 31.6 | 01:21:42 | 8:10 | 5:05 |
| 368 | Ben Grant | 153 | 01:22:27 | | m | | | 01:21:29 | 8:09 | 5:04 |
| 369 | Mark Tew | 811 | 01:22:29 | Itchen Spitfires RC | m | 199 | 31.3 | 01:21:37 | 8:10 | 5:04 |
| 370 | Michelle Butler | 203 | 01:22:30 | Victory AC | f | 67 | 71.9 | 1:21:48 | 8:11 | 5:05 |
| 371 | Robert Cornwell | 431 | 01:22:31 | Fleet Crookham AC | m | 200 | 30.9 | 01:21:55 | 8:11 | 5:05 |
| 372 | John Roberts | 169 | 01:22:32 | City Of Salisbury AC RC | m | 201 | 30.6 | 01:22:19 | 8:14 | 5:07 |
| 373 | Jane Georghiou | 841 | 01:22:33 | Farnham Runners | f | 68 | 71.5 | 1:21:52 | 8:11 | 5:05 |
| 374 | Chris Bradshaw | 239 | 01:22:40 | Poole AC | m | | | 01:22:08 | 8:13 | 5:06 |
| 375 | Richard Williams | 691 | 01:22:46 | City Of Salisbury AC RC | m | 202 | 30.2 | 01:21:53 | 8:11 | 5:05 |
| 376 | Cliff Manton | 507 | 01:22:55 | Hedge End RC | m | 203 | 29.9 | 01:22:13 | 8:13 | 5:07 |
| 377 | Tracey Shepperd | 926 | 01:23:01 | Hedge End RC | f | 69 | 71.1 | 1:22:22 | 8:14 | 5:07 |
| 378 | Suzanne Janes | 156 | 01:23:03 | Littledown Harriers | f | | | 01:22:33 | 8:15 | 5:08 |
| 379 | Claire Spencer | 618 | 01:23:15 | Overton Harriers | f | 70 | 70.6 | 1:22:52 | 8:17 | 5:09 |
| 380 | Paul Burgess | 259 | 01:23:22 | | m | | | 01:23:03 | 8:18 | 5:10 |
| 381 | Caroline Searle | 332 | 01:23:23 | Littledown Harriers | f | | | 01:22:35 | 8:15 | 5:08 |
| 382 | Christopher Hutchinson | 449 | 01:23:29 | Totton RC | m | 204 | 29.5 | 01:22:46 | 8:17 | 5:09 |
| 383 | Bob Eagle | 106 | 01:23:30 | | m | | | 01:22:45 | 8:16 | 5:09 |
| 384 | Mark Goulding | 124 | 01:23:30 | | m | | | 01:23:01 | 8:18 | 5:10 |
| 385 | Geoff Brown | 829 | 01:23:32 | Farnham Runners | m | 205 | 29.2 | 01:22:31 | 8:15 | 5:08 |
| 386 | Steven Smith | 24 | 01:23:37 | | m | | | 01:22:02 | 8:12 | 5:06 |
| 387 | Mathew Captain | 660 | 01:23:39 | Netley Abbey Runners | m | 206 | 28.8 | 01:23:03 | 8:18 | 5:10 |
| 388 | Michael Horgan | 923 | 01:23:42 | | m | | | 01:23:17 | 8:20 | 5:10 |
| 389 | Alison Scott | 705 | 01:23:42 | City Of Salisbury AC RC | f | 71 | 70.2 | 1:22:53 | 8:17 | 5:09 |
| 390 | Dave Warman | 383 | 01:23:42 | Hatch Warren Runners | m | | | 01:23:23 | 8:20 | 5:11 |
| 391 | Rebecca Smith | 676 | 01:23:46 | Itchen Spitfires RC | f | 72 | 69.8 | 1:23:19 | 8:20 | 5:11 |
| 392 | Mel Carroll | 935 | 01:23:50 | Poole Runners | f | | | 01:23:40 | 8:22 | 5:12 |
| 393 | Laura Beddard | 589 | 01:23:52 | | f | | | 01:22:47 | 8:17 | 5:09 |
| 394 | Christian Chandler | 28 | 01:23:52 | City Of Salisbury AC RC | m | 207 | 28.5 | 01:23:04 | 8:18 | 5:10 |
| 395 | May Hart | 561 | 01:23:53 | | f | | | 01:23:34 | 8:21 | 5:12 |
| 396 | Henrietta Rayner | 852 | 01:23:57 | | f | | | 01:22:59 | 8:18 | 5:09 |
| 397 | Beth Pirie | 482 | 01:23:59 | Victory AC | f | 73 | 69.4 | 1:23:17 | 8:20 | 5:10 |
| 398 | Rebecca Roberts | 173 | 01:24:00 | Eastleigh RC | f | 74 | 68.9 | 1:23:05 | 8:19 | 5:10 |
| 399 | Annie Wills | 208 | 01:24:01 | City Of Salisbury AC RC | f | 75 | 68.5 | 1:23:12 | 8:19 | 5:10 |
| 400 | Katalin Sebesteny-Gyore | 454 | 01:24:02 | Lordshill Road Runners | f | 76 | 68.1 | 1:23:16 | 8:20 | 5:10 |
| 401 | Russell Cooper | 160 | 01:24:04 | | m | | | 01:23:36 | 8:22 | 5:12 |

| | | | | | | | | | | |
|-----|-------------------|-----|----------|---------------------------|---|-----|------|----------|------|------|
| 402 | Jenny Shilling | 471 | 01:24:07 | Gosport Road Runners | f | 77 | 67.7 | 1:23:30 | 8:21 | 5:11 |
| 403 | Richard Cross | 261 | 01:24:08 | Romsey Road Runners | m | 208 | 28.1 | 01:23:45 | 8:22 | 5:12 |
| 404 | Jackie Godden | 690 | 01:24:12 | Poole AC | f | | | 01:23:11 | 8:19 | 5:10 |
| 405 | Rob Barlow | 215 | 01:24:13 | Totton RC | m | 209 | 27.8 | 01:23:27 | 8:21 | 5:11 |
| 406 | Norbert WEBER | 211 | 01:24:15 | City Of Salisbury AC RC | m | 210 | 27.4 | 01:23:35 | 8:21 | 5:12 |
| 407 | Nick Carter | 54 | 01:24:17 | Gosport Road Runners | m | 211 | 27.1 | 01:23:11 | 8:19 | 5:10 |
| 408 | Paul Jamieson | 568 | 01:24:18 | Lordshill Road Runners | m | 212 | 26.7 | 01:23:33 | 8:21 | 5:11 |
| 409 | Alan Hayman | 621 | 01:24:44 | | m | | | 01:24:19 | 8:26 | 5:14 |
| 410 | Antony Browne | 629 | 01:24:46 | Netley Abbey Runners | m | 213 | 26.4 | 01:24:10 | 8:25 | 5:14 |
| 411 | Peter Geary | 667 | 01:24:48 | | m | | | 01:24:10 | 8:25 | 5:14 |
| 412 | Mike Terry | 97 | 01:24:54 | Littledown Harriers | m | | | 01:23:55 | 8:24 | 5:13 |
| 413 | katie clements | 652 | 01:24:57 | | f | | | 01:24:29 | 8:27 | 5:15 |
| 414 | Anthony Messer | 900 | 01:25:07 | | m | | | 01:24:19 | 8:26 | 5:14 |
| 415 | David Abrams | 235 | 01:25:09 | Stubbington Green Runners | m | 214 | 26.0 | 01:24:11 | 8:25 | 5:14 |
| 416 | Sarah Davis | 451 | 01:25:11 | Lordshill Road Runners | f | 78 | 67.2 | 1:24:25 | 8:26 | 5:15 |
| 417 | Charlotte Amos | 751 | 01:25:12 | | f | | | 01:24:23 | 8:26 | 5:15 |
| 418 | Stuart Foster | 912 | 01:25:14 | Itchen Spitfires RC | m | 215 | 25.7 | 01:24:10 | 8:25 | 5:14 |
| 419 | Paul Holt | 195 | 01:25:15 | City Of Salisbury AC RC | m | 216 | 25.3 | 01:24:25 | 8:26 | 5:15 |
| 420 | John Harrison | 342 | 01:25:21 | Overton Harriers | m | 217 | 25.0 | 01:23:54 | 8:23 | 5:13 |
| 421 | Sally Webb | 214 | 01:25:24 | | f | | | 01:24:35 | 8:28 | 5:15 |
| 422 | Teri Pragnell | 836 | 01:25:26 | Lordshill Road Runners | f | 79 | 66.8 | 1:24:39 | 8:28 | 5:16 |
| 423 | Lewis Rudman | 648 | 01:25:26 | | m | | | 01:24:42 | 8:28 | 5:16 |
| 424 | Hannah Keech | 78 | 01:25:30 | | f | | | 01:24:44 | 8:28 | 5:16 |
| 425 | Luke Burnett | 768 | 01:25:33 | Lordshill Road Runners | m | 218 | 24.7 | 01:24:55 | 8:30 | 5:17 |
| 426 | Andrew Thomas | 701 | 01:25:33 | | m | | | 01:24:43 | 8:28 | 5:16 |
| 427 | Shelley Wood | 222 | 01:25:33 | | f | | | 01:24:53 | 8:29 | 5:16 |
| 428 | Dani Mattingly | 695 | 01:25:39 | Lordshill Road Runners | f | 80 | 66.4 | 1:24:57 | 8:30 | 5:17 |
| 429 | Helen Backshell | 244 | 01:25:39 | Lordshill Road Runners | f | 81 | 66.0 | 01:24:56 | 8:30 | 5:17 |
| 430 | Sarah Nangle | 557 | 01:25:40 | Eastleigh RC | f | 82 | 65.5 | 01:24:44 | 8:28 | 5:16 |
| 431 | Nicholas Pink | 822 | 01:25:44 | Eastleigh RC | m | 219 | 24.3 | 01:24:47 | 8:29 | 5:16 |
| 432 | Suzanne Anderson | 340 | 01:25:44 | Blackwater Valley Runners | f | 83 | 65.1 | 01:25:00 | 8:30 | 5:17 |
| 433 | Katie Brothers | 376 | 01:25:47 | Overton Harriers | f | 84 | 64.7 | 01:25:13 | 8:31 | 5:18 |
| 434 | Rachel Bown | 638 | 01:25:50 | | f | | | 01:24:52 | 8:29 | 5:16 |
| 435 | Jim Armitage | 654 | 01:25:52 | Alton Runners | m | 220 | 24.0 | 01:24:55 | 8:30 | 5:17 |
| 436 | Helen Lovell | 702 | 01:25:55 | Lordshill Road Runners | f | 85 | 64.3 | 01:24:59 | 8:30 | 5:17 |
| 437 | Peter Lewis | 206 | 01:25:57 | Lordshill Road Runners | m | 221 | 23.6 | 01:25:11 | 8:31 | 5:18 |
| 438 | Melenie Murphy | 338 | 01:25:57 | City Of Salisbury AC RC | f | 86 | 63.8 | 01:25:04 | 8:30 | 5:17 |
| 439 | Will Miller | 653 | 01:25:58 | Hedge End RC | m | 222 | 23.3 | 01:24:56 | 8:30 | 5:17 |
| 440 | Brian Fisher | 468 | 01:26:09 | Gosport Road Runners | m | 223 | 22.9 | 01:25:01 | 8:30 | 5:17 |
| 441 | Cliff Pay | 331 | 01:26:11 | Liss Runners | m | 224 | 22.6 | 01:25:16 | 8:32 | 5:18 |
| 442 | Rachel Bala | 146 | 01:26:12 | City Of Salisbury AC RC | f | 87 | 63.4 | 01:25:21 | 8:32 | 5:18 |
| 443 | Rob Wright | 68 | 01:26:17 | Hedge End RC | m | 225 | 22.2 | 01:25:36 | 8:34 | 5:19 |
| 444 | Aron Sebesteny | 455 | 01:26:26 | Lordshill Road Runners | m | 226 | 21.9 | 01:25:38 | 8:34 | 5:19 |
| 445 | Charlotte Hiscock | 328 | 01:26:27 | Blackwater Valley Runners | f | 88 | 63.0 | 01:25:34 | 8:33 | 5:19 |
| 446 | Claire Scammell | 916 | 01:26:28 | Wimborne AC | f | | | 01:25:50 | 8:35 | 5:20 |
| 447 | Ken Parradine | 178 | 01:26:31 | Littledown Harriers | m | | | 01:26:18 | 8:38 | 5:22 |
| 448 | Clare Read | 508 | 01:26:33 | Alton Runners | f | 89 | 62.6 | 01:25:46 | 8:35 | 5:20 |
| 449 | Trisha Reilly | 224 | 01:26:34 | New Forest Runners | f | 90 | 62.1 | 01:25:40 | 8:34 | 5:19 |
| 450 | Natalie rose | 628 | 01:26:35 | Ryde Harriers | f | 91 | 61.7 | 01:25:44 | 8:34 | 5:20 |
| 451 | Lynne Welch | 409 | 01:26:39 | Poole AC | f | | | 01:25:39 | 8:34 | 5:19 |
| 452 | John Arbury | 181 | 01:26:41 | Alton Runners | m | 227 | 21.5 | 01:26:11 | 8:37 | 5:21 |
| 453 | Virginia Collins | 847 | 01:26:44 | Totton RC | f | 92 | 61.3 | 01:26:16 | 8:38 | 5:22 |
| 454 | Rayne Prendergast | 704 | 01:26:46 | Lordshill Road Runners | f | 93 | 60.9 | 01:25:50 | 8:35 | 5:20 |
| 455 | Sue Stileman | 110 | 01:26:55 | Romsey Road Runners | f | 94 | 60.4 | 01:25:28 | 8:33 | 5:19 |
| 456 | Andrew Palmer | 520 | 01:27:03 | | m | | | 01:26:00 | 8:36 | 5:21 |
| 457 | Rhian Jeffery | 855 | 01:27:05 | Lordshill Road Runners | f | 95 | 60.0 | 01:26:32 | 8:39 | 5:23 |
| 458 | Caroline Musto | 472 | 01:27:06 | Gosport Road Runners | f | 96 | 59.6 | 01:26:40 | 8:40 | 5:23 |
| 459 | Rosie Eldridge | 949 | 01:27:07 | Ryde Harriers | f | 97 | 59.1 | 01:26:16 | 8:38 | 5:22 |
| 460 | Jane Scrase | 223 | 01:27:09 | Alton Runners | f | 98 | 58.7 | 01:26:28 | 8:39 | 5:22 |
| 461 | Roger Davies | 565 | 01:27:12 | Portsmouth Joggers | m | 228 | 21.2 | 01:26:18 | 8:38 | 5:22 |
| 462 | TRACY BALE | 443 | 01:27:22 | Gosport Road Runners | f | 99 | 58.3 | 01:26:14 | 8:37 | 5:21 |
| 463 | Terry Aked | 465 | 01:27:24 | Denmead Striders | m | 229 | 20.8 | 01:26:34 | 8:39 | 5:23 |
| 464 | Duncan Beck | 786 | 01:27:28 | Lordshill Road Runners | m | 230 | 20.5 | 01:27:06 | 8:43 | 5:25 |
| 465 | richard munro | 491 | 01:27:32 | Winchester & District AC | m | 231 | 20.1 | 01:26:38 | 8:40 | 5:23 |
| 466 | Kara Rogers | 775 | 01:27:35 | City Of Salisbury AC RC | f | 100 | 57.9 | 01:26:48 | 8:41 | 5:24 |
| 467 | Emily Guy | 917 | 01:27:41 | | f | | | 01:26:53 | 8:41 | 5:24 |
| 468 | Lynne Lemmis | 611 | 01:27:44 | Gosport Road Runners | f | 101 | 57.4 | 01:27:07 | 8:43 | 5:25 |

| | | | | | | | | | | | | |
|-----|----------------------|-----|----------|---------------------------|--|-----|---|------|------|----------|------|------|
| 469 | Mark Watson | 715 | 01:27:49 | | | | m | | | 01:26:36 | 8:40 | 5:23 |
| 470 | emma smithson | 707 | 01:27:49 | | | | f | | | 01:26:53 | 8:41 | 5:24 |
| 471 | Dominic Thornton | 801 | 01:27:49 | | | | m | | | 01:26:37 | 8:40 | 5:23 |
| 472 | Adrian Ling | 548 | 01:27:52 | | | | m | | | 01:27:01 | 8:42 | 5:24 |
| 473 | Philip Audrain | 500 | 01:27:52 | Poole AC | | | m | | | 01:26:52 | 8:41 | 5:24 |
| 474 | Jenny Parks | 886 | 01:27:52 | Denmead Striders | | 102 | f | 57.0 | | 01:27:06 | 8:43 | 5:25 |
| 475 | Alison Gardner | 289 | 01:27:55 | | | | f | | | 01:26:54 | 8:41 | 5:24 |
| 476 | Simon Evans | 765 | 01:27:56 | Portsmouth Joggers | | | m | 232 | 19.8 | 01:27:02 | 8:42 | 5:24 |
| 477 | Monica Edmonds | 66 | 01:27:58 | Sarum sisters | | | f | | | 01:27:12 | 8:43 | 5:25 |
| 478 | Sue Dowding | 670 | 01:27:59 | | | | f | | | 01:27:32 | 8:45 | 5:26 |
| 479 | David Whiting | 502 | 01:28:02 | Gosport Road Runners | | | m | 233 | 19.4 | 01:26:55 | 8:41 | 5:24 |
| 480 | Graham Clarke | 151 | 01:28:05 | Denmead Striders | | | m | 234 | 19.1 | 01:27:29 | 8:45 | 5:26 |
| 481 | Colin Rogers | 93 | 01:28:09 | | | | m | | | 01:26:56 | 8:42 | 5:24 |
| 482 | Fran Light | 14 | 01:28:11 | Alton Runners | | | f | 103 | 56.6 | 01:27:10 | 8:43 | 5:25 |
| 483 | Wesley Kinerk | 309 | 01:28:11 | | | | m | | | 01:26:57 | 8:42 | 5:24 |
| 484 | Daniel Roche | 517 | 01:28:13 | | | | m | | | 01:27:24 | 8:44 | 5:26 |
| 485 | Maggie McGrory | 462 | 01:28:14 | Poole AC | | | f | | | 01:27:11 | 8:43 | 5:25 |
| 486 | Richard Greenwood | 714 | 01:28:19 | City Of Salisbury AC RC | | | m | 235 | 18.8 | 01:26:50 | 8:41 | 5:24 |
| 487 | Jacqueline Jenkins | 558 | 01:28:21 | Littledown Harriers | | | f | | | 01:28:08 | 8:49 | 5:29 |
| 488 | Dave MacAulay | 108 | 01:28:24 | Lonely Goat Running Club | | | m | | | 01:27:39 | 8:46 | 5:27 |
| 489 | Louise Monington | 553 | 01:28:30 | | | | f | | | 01:27:53 | 8:47 | 5:28 |
| 490 | Carl Daniels | 934 | 01:28:45 | Shrewton RC | | | m | | | 01:28:05 | 8:48 | 5:28 |
| 491 | Paul Woodhouse | 620 | 01:28:46 | City Of Salisbury AC RC | | | m | 236 | 18.4 | 01:27:54 | 8:47 | 5:28 |
| 492 | Linda Pukinska | 265 | 01:28:46 | Victory AC | | | f | 104 | 56.2 | 01:28:00 | 8:48 | 5:28 |
| 493 | Mark Cooter | 744 | 01:28:46 | Victory AC | | | m | 237 | 18.1 | 01:28:04 | 8:48 | 5:28 |
| 494 | Kathleen Moore | 596 | 01:28:50 | | | | f | | | 01:27:59 | 8:48 | 5:28 |
| 495 | Jane Whiteley | 11 | 01:28:52 | City Of Salisbury AC RC | | | f | 105 | 55.7 | 01:28:01 | 8:48 | 5:28 |
| 496 | Charlotte Taylor | 815 | 01:28:58 | Shrewton RC | | | f | | | 01:28:19 | 8:50 | 5:29 |
| 497 | Tracy Puttock | 117 | 01:29:05 | Hedge End RC | | | f | 106 | 55.3 | 01:28:22 | 8:50 | 5:29 |
| 498 | chris sparshott | 496 | 01:29:16 | Gosport Road Runners | | | m | 238 | 17.7 | 01:28:10 | 8:49 | 5:29 |
| 499 | Caroline Whiting | 731 | 01:29:17 | Denmead Striders | | | f | 107 | 54.9 | 01:28:30 | 8:51 | 5:30 |
| 500 | Charlotte Sharman | 427 | 01:29:18 | Winchester & District AC | | | f | 108 | 54.5 | 01:28:33 | 8:51 | 5:30 |
| 501 | Bronwen Derry | 193 | 01:29:23 | | | | f | | | 01:28:29 | 8:51 | 5:30 |
| 502 | Dale Poulter | 267 | 01:29:27 | Gosport Road Runners | | | m | 239 | 17.4 | 01:28:54 | 8:53 | 5:31 |
| 503 | Anthony Quinn | 658 | 01:29:31 | | | | m | | | 01:28:39 | 8:52 | 5:31 |
| 504 | Melvyn Holloway | 269 | 01:29:31 | City Of Salisbury AC RC | | | m | 240 | 17.0 | 01:28:46 | 8:53 | 5:31 |
| 505 | Carl Schafer | 585 | 01:29:38 | Stubbington Green Runners | | | m | 241 | 16.7 | 01:28:34 | 8:51 | 5:30 |
| 506 | Colin Younger | 119 | 01:29:39 | | | | m | | | 01:28:47 | 8:53 | 5:31 |
| 507 | Andrew Rayner | 882 | 01:29:40 | Shrewton RC | | | m | | | 01:29:00 | 8:54 | 5:32 |
| 508 | Jackie Hassan | 549 | 01:29:41 | City Of Salisbury AC RC | | | f | 109 | 54.0 | 01:28:53 | 8:53 | 5:31 |
| 509 | Laura Appleton | 288 | 01:29:44 | | | | f | | | 01:29:04 | 8:54 | 5:32 |
| 510 | Tracey Lander | 369 | 01:29:45 | Littledown Harriers | | | f | | | 01:29:18 | 8:56 | 5:33 |
| 511 | Richard Moseley | 740 | 01:29:45 | Hedge End RC | | | m | 242 | 16.3 | 01:29:00 | 8:54 | 5:32 |
| 512 | Joan-hwa Day | 789 | 01:29:47 | | | | m | | | 01:29:06 | 8:55 | 5:32 |
| 513 | David Smith | 497 | 01:29:47 | City Of Salisbury AC RC | | | m | 243 | 16.0 | 01:29:05 | 8:54 | 5:32 |
| 514 | Nigel Homer | 624 | 01:29:47 | | | | m | | | 01:28:26 | 8:51 | 5:30 |
| 515 | Claire Deacon | 126 | 01:29:50 | Eastleigh RC | | | f | 110 | 53.6 | 01:28:55 | 8:53 | 5:32 |
| 516 | Frankie Colling | 344 | 01:29:50 | Eastleigh RC | | | f | 111 | 53.2 | 01:28:55 | 8:53 | 5:32 |
| 517 | Shirley Dyson-Laurie | 428 | 01:29:54 | Winchester & District AC | | | f | 112 | 52.8 | 01:29:03 | 8:54 | 5:32 |
| 518 | Mark Saxby | 697 | 01:29:55 | | | | m | | | 01:29:06 | 8:55 | 5:32 |
| 519 | Sam Graham | 492 | 01:29:56 | Gosport Road Runners | | | m | 244 | 15.6 | 01:29:11 | 8:55 | 5:32 |
| 520 | Mark Viccars | 359 | 01:29:59 | Fareham Crusaders RC | | | m | 245 | 15.3 | 01:29:24 | 8:56 | 5:33 |
| 521 | Neema Cox | 324 | 01:30:00 | | | | f | | | 01:28:57 | 8:54 | 5:32 |
| 522 | Catherine Elsom | 694 | 01:30:01 | Itchen Spitfires RC | | | f | 113 | 52.3 | 01:29:32 | 8:57 | 5:34 |
| 523 | Lisa Small | 432 | 01:30:01 | Hedge End RC | | | f | 114 | 51.9 | 01:29:08 | 8:55 | 5:32 |
| 524 | Tony Newton | 220 | 01:30:04 | | | | m | | | 01:28:48 | 8:53 | 5:31 |
| 525 | Helen Springett | 234 | 01:30:07 | City Of Salisbury AC RC | | | f | 115 | 51.5 | 01:29:14 | 8:55 | 5:33 |
| 526 | Sarah Martin | 52 | 01:30:08 | Hedge End RC | | | f | 116 | 51.1 | 01:29:18 | 8:56 | 5:33 |
| 527 | Clare Welch | 812 | 01:30:10 | Denmead Striders | | | f | 117 | 50.6 | 01:29:27 | 8:57 | 5:33 |
| 528 | James Cocksedge | 919 | 01:30:10 | Denmead Striders | | | m | 246 | 14.9 | 01:29:26 | 8:57 | 5:33 |
| 529 | John Broadway | 44 | 01:30:13 | | | | m | | | 01:29:25 | 8:56 | 5:33 |
| 530 | karen baggott | 880 | 01:30:15 | PNRC | | | f | | | 01:28:43 | 8:52 | 5:31 |
| 531 | Zoe Houlton | 525 | 01:30:38 | Poole AC | | | f | | | 01:29:36 | 8:58 | 5:34 |
| 532 | Sue Freemantle | 754 | 01:30:59 | Storm Plymouth | | | f | | | 01:30:03 | 9:00 | 5:36 |
| 533 | Jonathan Alston | 345 | 01:31:08 | City Of Salisbury AC RC | | | m | 247 | 14.6 | 01:30:16 | 9:02 | 5:37 |
| 534 | Chris Lane | 357 | 01:31:10 | Littledown Harriers | | | m | | | 01:29:37 | 8:58 | 5:34 |
| 535 | Doug Jones | 614 | 01:31:11 | Poole AC | | | m | | | 01:30:19 | 9:02 | 5:37 |

| | | | | | | | | | | |
|-----|-------------------------|-----|----------|---------------------------|---|-----|------|----------|------|------|
| 536 | Nicola Sawyer | 899 | 01:31:16 | Poole AC | f | | | 01:30:13 | 9:01 | 5:36 |
| 537 | Noelia Alcaniz de Nieva | 864 | 01:31:28 | | f | | | 01:30:50 | 9:05 | 5:39 |
| 538 | Jane Amos | 752 | 01:31:29 | | f | | | 01:30:38 | 9:04 | 5:38 |
| 539 | Nicola Whittaker | 249 | 01:31:29 | Littledown Harriers | f | | | 01:30:50 | 9:05 | 5:39 |
| 540 | Helen Boiling | 745 | 01:31:33 | Victory AC | f | 118 | 50.2 | 01:30:47 | 9:05 | 5:38 |
| 541 | Holly Short | 603 | 01:31:43 | | f | | | 01:30:37 | 9:04 | 5:38 |
| 542 | Stuart Bamberger | 780 | 01:31:44 | Stubbington Green Runners | m | 248 | 14.2 | 01:30:38 | 9:04 | 5:38 |
| 543 | Alan Freestone | 415 | 01:31:44 | Blackwater Valley Runners | m | 249 | 13.9 | 01:30:21 | 9:02 | 5:37 |
| 544 | Brad Rouse | 567 | 01:32:02 | | m | | | 01:31:42 | 9:10 | 5:42 |
| 545 | Leanne Sheill | 922 | 01:32:09 | Hedge End RC | f | 119 | 49.8 | 01:30:53 | 9:05 | 5:39 |
| 546 | Michelle Surtees | 749 | 01:32:14 | Hedge End RC | f | 120 | 49.4 | 01:31:13 | 9:07 | 5:40 |
| 547 | Ben Frayne | 915 | 01:32:18 | | m | | | 01:31:47 | 9:11 | 5:42 |
| 548 | Andrea Thorne | 509 | 01:32:21 | | f | | | 01:31:28 | 9:09 | 5:41 |
| 549 | Dawn Weymouth | 89 | 01:32:27 | | f | | | 01:31:15 | 9:08 | 5:40 |
| 550 | Vicki Crossland | 39 | 01:32:31 | Sarum sisters | f | | | 01:31:25 | 9:09 | 5:41 |
| 551 | Georgina Stait | 576 | 01:32:33 | Portsmouth Joggers | f | 121 | 48.9 | 01:31:34 | 9:09 | 5:41 |
| 552 | Ceri Jones | 91 | 01:32:38 | City Of Salisbury AC RC | f | 122 | 48.5 | 01:31:47 | 9:11 | 5:42 |
| 553 | Sara Hillier | 748 | 01:32:40 | | f | | | 01:31:49 | 9:11 | 5:42 |
| 554 | Donna Chambers | 165 | 01:32:44 | | f | | | 01:31:42 | 9:10 | 5:42 |
| 555 | Bex Roycroft | 675 | 01:32:48 | City Of Salisbury AC RC | f | 123 | 48.1 | 01:31:32 | 9:09 | 5:41 |
| 556 | Jo Marks | 70 | 01:32:50 | City Of Salisbury AC RC | f | 124 | 47.7 | 01:31:58 | 9:12 | 5:43 |
| 557 | Steve Wood | 528 | 01:32:50 | Gosport Road Runners | m | 250 | 13.5 | 01:31:44 | 9:10 | 5:42 |
| 558 | Karen Peedell | 466 | 01:32:53 | Poole AC | f | | | 01:31:48 | 9:11 | 5:42 |
| 559 | Lisa Delicate | 937 | 01:32:54 | Fareham Crusaders RC | f | 125 | 47.2 | 01:31:34 | 9:09 | 5:41 |
| 560 | Neil Driscoll | 848 | 01:32:55 | Fareham Crusaders RC | m | 251 | 13.2 | 01:31:36 | 9:10 | 5:42 |
| 561 | Ken Eaden | 552 | 01:32:59 | Gosport Road Runners | m | 252 | 12.8 | 01:31:46 | 9:11 | 5:42 |
| 562 | David Swan | 225 | 01:33:15 | | m | | | 01:31:58 | 9:12 | 5:43 |
| 563 | Guy Burdett | 774 | 01:33:22 | Littledown Harriers | m | | | 01:32:54 | 9:17 | 5:46 |
| 564 | Richard Stirman | 555 | 01:33:25 | | m | | | 01:32:30 | 9:15 | 5:45 |
| 565 | Tonia Morrell | 487 | 01:33:26 | Gosport Road Runners | f | 126 | 46.8 | 01:32:18 | 9:14 | 5:44 |
| 566 | Nicholas Willetts | 766 | 01:33:29 | City Of Salisbury AC RC | m | 253 | 12.5 | 01:32:15 | 9:14 | 5:44 |
| 567 | paul Hammond | 260 | 01:33:32 | Eastleigh RC | m | 254 | 12.2 | 01:32:34 | 9:15 | 5:45 |
| 568 | Fiona Tomlinson | 174 | 01:33:34 | Gosport Road Runners | f | 127 | 46.4 | 01:32:26 | 9:15 | 5:45 |
| 569 | Corinne Sutherland | 814 | 01:33:41 | | f | | | 01:32:49 | 9:17 | 5:46 |
| 570 | Robert Young | 481 | 01:33:45 | | m | | | 01:32:42 | 9:16 | 5:46 |
| 571 | Jessica Prior | 630 | 01:33:46 | Netley Abbey Runners | f | 128 | 46.0 | 01:32:31 | 9:15 | 5:45 |
| 572 | Abbigail Dent | 772 | 01:33:48 | Lordshill Road Runners | f | 129 | 45.5 | 01:33:09 | 9:19 | 5:47 |
| 573 | Kathy Chamberlain | 118 | 01:33:53 | Stubbington Green Runners | f | 130 | 45.1 | 01:32:45 | 9:16 | 5:46 |
| 574 | Sara McRitchie | 625 | 01:33:53 | Stubbington Green Runners | f | 131 | 44.7 | 01:32:45 | 9:16 | 5:46 |
| 575 | Hannah Reeves | 682 | 01:33:54 | City Of Salisbury AC RC | f | 132 | 44.3 | 01:33:01 | 9:18 | 5:47 |
| 576 | Keith Lewis | 542 | 01:33:56 | | m | | | 01:32:44 | 9:16 | 5:46 |
| 577 | Vanessa Maple | 213 | 01:34:01 | City Of Salisbury AC RC | f | 133 | 43.8 | 01:32:45 | 9:16 | 5:46 |
| 578 | Nick Scott-Denness | 446 | 01:34:05 | Isle Of Wight RR AC | m | 255 | 11.8 | 01:32:55 | 9:18 | 5:46 |
| 579 | David Keech | 77 | 01:34:12 | | m | | | 01:32:55 | 9:18 | 5:46 |
| 580 | Laura Stroud | 827 | 01:34:13 | | f | | | 01:32:43 | 9:16 | 5:46 |
| 581 | Mick Nielsen | 401 | 01:34:40 | | m | | | 01:34:06 | 9:25 | 5:51 |
| 582 | Janice Cook | 15 | 01:34:42 | | f | | | 01:33:12 | 9:19 | 5:47 |
| 583 | Steve Buller | 257 | 01:34:45 | Poole AC | m | | | 01:33:43 | 9:22 | 5:49 |
| 584 | Lesley Hoskins | 807 | 01:34:46 | Hedge End RC | f | 134 | 43.4 | 01:33:32 | 9:21 | 5:49 |
| 585 | Sharon Summers | 792 | 01:34:47 | Hedge End RC | f | 135 | 43.0 | 01:33:31 | 9:21 | 5:49 |
| 586 | Andrew Walker | 656 | 01:34:48 | Itchen Spitfires RC | m | 256 | 11.5 | 01:33:43 | 9:22 | 5:49 |
| 587 | Esther Horwood | 770 | 01:34:53 | City Of Salisbury AC RC | f | 136 | 42.6 | 01:33:50 | 9:23 | 5:50 |
| 588 | Helen Falla | 430 | 01:34:54 | Eastleigh RC | f | 137 | 42.1 | 01:33:45 | 9:22 | 5:50 |
| 589 | Paul Eade | 416 | 01:34:56 | Eastleigh RC | m | 257 | 11.1 | 01:33:46 | 9:23 | 5:50 |
| 590 | Charlotte Routledge | 894 | 01:35:01 | City Of Salisbury AC RC | f | 138 | 41.7 | 01:33:57 | 9:24 | 5:50 |
| 591 | Grace Cousins | 846 | 01:35:02 | City Of Salisbury AC RC | f | 139 | 41.3 | 01:33:58 | 9:24 | 5:50 |
| 592 | Mike Rowe | 435 | 01:35:03 | | m | | | 01:33:29 | 9:21 | 5:49 |
| 593 | Robert Jones | 730 | 01:35:03 | Hedge End RC | m | 258 | 10.8 | 01:33:50 | 9:23 | 5:50 |
| 594 | Sean James | 875 | 01:35:05 | Denmead Striders | m | 259 | 10.4 | 01:34:22 | 9:26 | 5:52 |
| 595 | Andrew Gimpel | 282 | 01:35:07 | | m | | | 01:33:35 | 9:21 | 5:49 |
| 596 | Emma HendersonBishop | 544 | 01:35:09 | Poole AC | f | | | 01:34:12 | 9:25 | 5:51 |
| 597 | Roy Carr | 299 | 01:35:10 | Poole AC | m | | | 01:35:06 | 9:31 | 5:55 |
| 598 | Steven Gregory | 907 | 01:35:15 | Poole AC | m | | | 01:34:10 | 9:25 | 5:51 |
| 599 | Lynda Keech | 76 | 01:35:15 | | f | | | 01:33:58 | 9:24 | 5:50 |
| 600 | Anita Crawley | 157 | 01:35:20 | Denmead Striders | f | 140 | 40.9 | 01:34:38 | 9:28 | 5:53 |
| 601 | Helen Lateo | 31 | 01:35:23 | | f | | | 01:34:11 | 9:25 | 5:51 |
| 602 | Amy Fowler | 168 | 01:35:27 | Lordshill Road Runners | f | 141 | 40.4 | 01:34:13 | 9:25 | 5:51 |

| | | | | | | | | | | |
|-----|--------------------------|-----|----------|---------------------------|---|-----|------|----------|-------|------|
| 603 | Angela Goodall | 310 | 01:35:29 | Solent Running Sisters | f | 142 | 40.0 | 01:33:55 | 9:23 | 5:50 |
| 604 | David Manston | 29 | 01:35:30 | | m | | | 01:34:34 | 9:27 | 5:53 |
| 605 | Cathy Harman | 524 | 01:35:32 | Gosport Road Runners | f | 143 | 39.6 | 01:34:24 | 9:26 | 5:52 |
| 606 | Neil Wilson | 113 | 01:35:38 | OS Runners | m | 260 | 10.1 | 01:34:11 | 9:25 | 5:51 |
| 607 | Louise Lovesey | 407 | 01:35:41 | Lordshill Road Runners | f | 144 | 39.1 | 01:34:46 | 9:29 | 5:53 |
| 608 | Alison Morris | 513 | 01:35:45 | | f | | | 01:34:39 | 9:28 | 5:53 |
| 609 | Anja Robinson | 381 | 01:36:00 | Vegan Runners UK | f | | | 01:34:27 | 9:27 | 5:52 |
| 610 | Catrin Petty | 198 | 01:36:16 | | f | | | 01:35:22 | 9:32 | 5:56 |
| 611 | Anne Norman | 668 | 01:36:19 | City Of Salisbury AC RC | f | 145 | 38.7 | 01:35:17 | 9:32 | 5:55 |
| 612 | Wendy Hawxwell | 308 | 01:36:19 | Stubbington Green Runners | f | 146 | 38.3 | 01:35:01 | 9:30 | 5:54 |
| 613 | John Sowray | 143 | 01:36:21 | City Of Salisbury AC RC | m | 261 | 9.7 | 01:35:11 | 9:31 | 5:55 |
| 614 | Carole Wiltshire | 90 | 01:36:22 | City Of Salisbury AC RC | f | 147 | 37.9 | 01:35:11 | 9:31 | 5:55 |
| 615 | Kieran McManus | 303 | 01:36:37 | City Of Salisbury AC RC | m | 262 | 9.4 | 01:35:13 | 9:31 | 5:55 |
| 616 | Kathryn Davies | 607 | 01:36:40 | Lordshill Road Runners | f | 148 | 37.4 | 01:35:35 | 9:33 | 5:56 |
| 617 | David Hughes | 379 | 01:36:48 | Fareham Crusaders RC | m | 263 | 9.0 | 01:35:27 | 9:33 | 5:56 |
| 618 | Rachel Dolman | 728 | 01:36:48 | Fareham Crusaders RC | m | 264 | 8.7 | 01:35:28 | 9:33 | 5:56 |
| 619 | Heather Wright | 698 | 01:36:50 | | f | | | 01:35:54 | 9:35 | 5:58 |
| 620 | Roger Collier | 162 | 01:36:51 | | m | | | 01:35:18 | 9:32 | 5:55 |
| 621 | Ian Hitching | 229 | 01:36:57 | Poole AC | m | | | 01:35:34 | 9:33 | 5:56 |
| 622 | Rebecca Healy | 903 | 01:37:08 | | f | | | 01:35:36 | 9:34 | 5:56 |
| 623 | Lauren Norris | 30 | 01:37:16 | | f | | | 01:36:12 | 9:37 | 5:59 |
| 624 | Hannah Wallis | 227 | 01:37:17 | | f | | | 01:36:10 | 9:37 | 5:59 |
| 625 | Dorothea Kennard | 776 | 01:37:19 | Totton RC | f | 149 | 37.0 | 01:35:49 | 9:35 | 5:57 |
| 626 | mark jakins | 521 | 01:37:21 | Gosport Road Runners | m | 265 | 8.3 | 01:35:53 | 9:35 | 5:57 |
| 627 | Richard Bidmead | 663 | 01:37:23 | City Of Salisbury AC RC | m | 266 | 8.0 | 01:36:05 | 9:36 | 5:58 |
| 628 | Jodie Francis | 862 | 01:37:26 | Stubbington Green Runners | f | 150 | 36.6 | 01:36:29 | 9:39 | 6:00 |
| 629 | Martyn Francis | 863 | 01:37:27 | | m | | | 01:36:29 | 9:39 | 6:00 |
| 630 | Diane Rice-Adams | 819 | 01:37:31 | Hedge End RC | f | 151 | 36.2 | 01:36:17 | 9:38 | 5:59 |
| 631 | Lorraine Cerquella | 292 | 01:37:46 | Poole AC | f | | | 01:36:23 | 9:38 | 5:59 |
| 632 | Ali Theobald | 295 | 01:37:53 | City Of Salisbury AC RC | f | 152 | 35.7 | 01:36:48 | 9:41 | 6:01 |
| 633 | Carol Brent | 605 | 01:38:05 | Weston AC | f | | | 01:36:26 | 9:39 | 6:00 |
| 634 | Eileen Fitzgerald | 311 | 01:38:06 | Lonely Goat Running Club | f | | | 01:36:33 | 9:39 | 6:00 |
| 635 | Sue Wilton | 166 | 01:38:13 | Solent Running Sisters | f | 153 | 35.3 | 01:37:12 | 9:43 | 6:02 |
| 636 | Jeffrey Deacon | 125 | 01:38:13 | Eastleigh RC | m | 267 | 7.6 | 01:36:36 | 9:40 | 6:00 |
| 637 | Adrian Moseley | 8 | 01:38:17 | | m | | | 01:37:35 | 9:45 | 6:04 |
| 638 | Nigel Lee | 59 | 01:38:17 | Hedge End RC | m | 268 | 7.3 | 01:37:06 | 9:43 | 6:02 |
| 639 | Marky Staples | 802 | 01:38:18 | Hedge End RC | m | 269 | 6.9 | 01:37:06 | 9:43 | 6:02 |
| 640 | Lauren Mudliar | 791 | 01:38:18 | Hedge End RC | f | 154 | 34.9 | 01:37:05 | 9:43 | 6:02 |
| 641 | Michelle Younger | 120 | 01:38:26 | | f | | | 01:37:35 | 9:45 | 6:04 |
| 642 | Gemma Roche | 518 | 01:38:36 | | f | | | 01:37:47 | 9:47 | 6:05 |
| 643 | matthew schubert | 721 | 01:38:49 | | m | | | 01:37:35 | 9:45 | 6:04 |
| 644 | fleur giles | 720 | 01:38:50 | | f | | | 01:37:36 | 9:46 | 6:04 |
| 645 | Philip Freemantle | 623 | 01:38:59 | | m | | | 01:38:02 | 9:48 | 6:05 |
| 646 | Jenni Brett | 144 | 01:38:59 | | f | | | 01:37:43 | 9:46 | 6:04 |
| 647 | Fiona Thatcher | 27 | 01:39:09 | City Of Salisbury AC RC | f | 155 | 34.5 | 01:38:21 | 9:50 | 6:07 |
| 648 | Cristina Regueiro Castro | 285 | 01:39:11 | Lymington Athletes | f | | | 01:38:19 | 9:50 | 6:07 |
| 649 | Louise Bridges | 99 | 01:39:14 | Fareham Crusaders RC | f | 156 | 34.0 | 01:37:53 | 9:47 | 6:05 |
| 650 | Jane Nockemann | 560 | 01:39:20 | Portsmouth Joggers | f | 157 | 33.6 | 01:37:49 | 9:47 | 6:05 |
| 651 | Lily Coull | 133 | 01:39:29 | Eastleigh RC | f | 158 | 33.2 | 01:38:31 | 9:51 | 6:07 |
| 652 | Daniel Hill | 645 | 01:39:29 | Eastleigh RC | m | 270 | 6.6 | 01:38:31 | 9:51 | 6:07 |
| 653 | Mick Kearney | 459 | 01:39:42 | Gosport Road Runners | m | 271 | 6.3 | 01:38:21 | 9:50 | 6:07 |
| 654 | Steve Cannon | 739 | 01:39:43 | Newport | m | | | 01:38:42 | 9:52 | 6:08 |
| 655 | alan meaden | 437 | 01:39:49 | | m | | | 01:38:11 | 9:49 | 6:06 |
| 656 | Tracey Crank | 317 | 01:39:58 | Denmead Striders | f | 159 | 32.8 | 01:38:50 | 9:53 | 6:08 |
| 657 | Tina Mills | 251 | 01:40:02 | Totton RC | f | 160 | 32.3 | 01:38:31 | 9:51 | 6:07 |
| 658 | Clare Morris | 445 | 01:40:09 | Solent Running Sisters | f | 161 | 31.9 | 01:38:48 | 9:53 | 6:08 |
| 659 | Philippa Glanville | 659 | 01:40:17 | Sarum sisters | f | | | 01:39:13 | 9:55 | 6:10 |
| 660 | Carol Chlebowski | 204 | 01:40:18 | City Of Salisbury AC RC | f | 162 | 31.5 | 01:39:07 | 9:55 | 6:10 |
| 661 | Jacqueline Chlebowski | 205 | 01:40:18 | City Of Salisbury AC RC | f | 163 | 31.1 | 01:39:07 | 9:55 | 6:10 |
| 662 | Martin Loveless | 950 | 01:40:20 | Hardley Runners | m | 272 | 5.9 | 01:40:05 | 10:01 | 6:13 |
| 663 | Marie Dure | 444 | 01:40:23 | Solent Running Sisters | f | 164 | 30.6 | 01:39:03 | 9:54 | 6:09 |
| 664 | Lindsay Pratt | 247 | 01:40:24 | Stubbington Green Runners | f | 165 | 30.2 | 01:39:06 | 9:55 | 6:09 |
| 665 | peter beachill | 823 | 01:40:27 | Victory AC | m | 273 | 5.6 | 01:39:36 | 9:58 | 6:11 |
| 666 | Janet Shaw | 57 | 01:40:29 | Stubbington Green Runners | f | 166 | 29.8 | 01:39:11 | 9:55 | 6:10 |
| 667 | Kim Hunt | 936 | 01:40:31 | Poole AC | f | | | 01:39:27 | 9:57 | 6:11 |
| 668 | Debbie Humphreys | 943 | 01:40:33 | Gosport Road Runners | f | 167 | 29.4 | 01:39:25 | 9:56 | 6:11 |
| 669 | catherine Midgley | 170 | 01:40:34 | Poole AC | f | | | 01:39:07 | 9:55 | 6:10 |

| | | | | | | | | | | |
|-----|------------------------|-----|----------|---------------------------|---|-----|------|----------|-------|------|
| 670 | Angela Claridge | 475 | 01:40:38 | Gosport Road Runners | f | 168 | 28.9 | 01:39:30 | 9:57 | 6:11 |
| 671 | Michelle Martin | 9 | 01:40:44 | Ryde Harriers | f | 169 | 28.5 | 01:39:42 | 9:58 | 6:12 |
| 672 | Karen Gregory | 902 | 01:40:46 | Poole AC | f | | | 01:39:43 | 9:58 | 6:12 |
| 673 | Anne Sales | 354 | 01:40:54 | Solent Running Sisters | f | 170 | 28.1 | 01:39:52 | 9:59 | 6:12 |
| 674 | Cheryl Daniels | 210 | 01:41:03 | | f | | | 01:39:30 | 9:57 | 6:11 |
| 675 | Paula Pearce | 764 | 01:41:14 | Gosport Road Runners | f | 171 | 27.7 | 01:40:04 | 10:00 | 6:13 |
| 676 | Nicolas Boorn | 571 | 01:41:24 | Gosport Road Runners | m | 274 | 5.2 | 01:39:56 | 10:00 | 6:13 |
| 677 | Peter Doyle | 17 | 01:41:30 | | m | | | 01:40:04 | 10:00 | 6:13 |
| 678 | Tanya Clifford | 469 | 01:41:39 | Isle Of Wight RR AC | f | 172 | 27.2 | 01:40:25 | 10:02 | 6:14 |
| 679 | Julia Lawton | 254 | 01:41:47 | Stubbington Green Runners | f | 173 | 26.8 | 01:40:24 | 10:02 | 6:14 |
| 680 | Maddy Maley | 319 | 01:42:07 | | f | | | 01:40:32 | 10:03 | 6:15 |
| 681 | Tom Maley | 320 | 01:42:07 | | m | | | 01:40:31 | 10:03 | 6:15 |
| 682 | Mike Dunkley | 717 | 01:42:09 | Farnham Runners | m | 275 | 4.9 | 01:40:34 | 10:03 | 6:15 |
| 683 | Stuart White | 651 | 01:42:28 | Itchen Spitfires RC | m | 276 | 4.5 | 01:41:12 | 10:07 | 6:17 |
| 684 | Tina Harrison | 597 | 01:42:29 | Farnham Runners | f | 174 | 26.4 | 01:41:08 | 10:07 | 6:17 |
| 685 | Sara Taylor | 601 | 01:42:30 | Itchen Spitfires RC | f | 175 | 26.0 | 01:41:13 | 10:07 | 6:17 |
| 686 | Craig Weatherburn | 71 | 01:42:44 | City Of Salisbury AC RC | m | 277 | 4.2 | 01:41:19 | 10:08 | 6:18 |
| 687 | Denise von Roretz | 53 | 01:42:44 | City Of Salisbury AC RC | f | 176 | 25.5 | 01:41:18 | 10:08 | 6:18 |
| 688 | Juliet Field | 158 | 01:42:47 | City Of Salisbury AC RC | f | 177 | 25.1 | 01:41:52 | 10:11 | 6:20 |
| 689 | Sara Murtagh | 281 | 01:42:52 | | f | | | 01:41:21 | 10:08 | 6:18 |
| 690 | Becks Lennane | 703 | 01:42:53 | | f | | | 01:41:22 | 10:08 | 6:18 |
| 691 | Bridget Keyte | 268 | 01:42:54 | Isle Of Wight RR AC | f | 178 | 24.7 | 01:41:39 | 10:10 | 6:19 |
| 692 | Sarah Sharp | 314 | 01:42:55 | Isle Of Wight RR AC | f | 179 | 24.3 | 01:41:40 | 10:10 | 6:19 |
| 693 | Lenny Dalby | 399 | 01:43:15 | | f | | | 01:41:41 | 10:10 | 6:19 |
| 694 | Rebecca Sinkinson | 361 | 01:43:16 | Littledown Harriers | f | | | 01:42:14 | 10:13 | 6:21 |
| 695 | Sarah Collishaw | 104 | 01:43:20 | | f | | | 01:41:46 | 10:11 | 6:19 |
| 696 | Vicki Brunink | 62 | 01:43:30 | Netley Abbey Runners | f | 180 | 23.8 | 01:42:12 | 10:13 | 6:21 |
| 697 | Karen Morby | 527 | 01:43:39 | Gosport Road Runners | f | 181 | 23.4 | 01:42:29 | 10:15 | 6:22 |
| 698 | Jackie Titcombe | 636 | 01:43:45 | Netley Abbey Runners | f | 182 | 23.0 | 01:42:26 | 10:15 | 6:22 |
| 699 | Suzanne Ruggi | 306 | 01:43:52 | | f | | | 01:42:59 | 10:18 | 6:24 |
| 700 | Mike Mills | 250 | 01:43:53 | Totton RC | m | 278 | 3.8 | 01:42:15 | 10:13 | 6:21 |
| 701 | Beth Mowlam | 688 | 01:43:56 | | f | | | 01:42:55 | 10:17 | 6:24 |
| 702 | Annette Ablitt | 556 | 01:44:00 | Portsmouth Joggers | f | 183 | 22.6 | 01:42:34 | 10:15 | 6:22 |
| 703 | Ruth Johnson | 615 | 01:44:02 | Netley Abbey Runners | f | 184 | 22.1 | 01:42:44 | 10:16 | 6:23 |
| 704 | Jacqueline Pretty | 394 | 01:44:07 | | f | | | 01:42:55 | 10:17 | 6:24 |
| 705 | Angela Siggs | 598 | 01:44:16 | | f | | | 01:44:16 | 10:26 | 6:29 |
| 706 | Karen Watson | 134 | 01:44:21 | Netley Abbey Runners | f | 185 | 21.7 | 01:43:02 | 10:18 | 6:24 |
| 707 | Catherine Rynne | 582 | 01:44:23 | City Of Salisbury AC RC | f | 186 | 21.3 | 01:42:54 | 10:17 | 6:24 |
| 708 | Isabel Gardner | 522 | 01:44:25 | Portsmouth Joggers | f | 187 | 20.9 | 01:43:06 | 10:19 | 6:24 |
| 709 | Jennifer Davies | 687 | 01:44:29 | Sarum sisters | f | | | 01:43:11 | 10:19 | 6:25 |
| 710 | Stefan Goodson | 845 | 01:44:35 | Fareham Crusaders RC | m | 279 | 3.5 | 01:43:15 | 10:19 | 6:25 |
| 711 | Alana Williams | 904 | 01:44:42 | Itchen Spitfires RC | f | 188 | 20.4 | 01:43:25 | 10:20 | 6:26 |
| 712 | Danielle Ward | 50 | 01:44:42 | Hedge End RC | f | 189 | 20.0 | 01:43:23 | 10:20 | 6:25 |
| 713 | Lucy Howard | 83 | 01:44:50 | Chichester Runners | f | | | 01:43:26 | 10:21 | 6:26 |
| 714 | Claire Sayer | 562 | 01:44:59 | | f | | | 01:43:38 | 10:22 | 6:26 |
| 715 | Clare Cook | 563 | 01:45:00 | | f | | | 01:43:39 | 10:22 | 6:26 |
| 716 | Diane Urquhart | 95 | 01:45:08 | Alton Runners | f | 190 | 19.6 | 01:44:09 | 10:25 | 6:28 |
| 717 | Ian Urquhart | 96 | 01:45:08 | Alton Runners | m | 280 | 3.1 | 01:44:09 | 10:25 | 6:28 |
| 718 | Richard Scrase | 578 | 01:45:08 | Alton Runners | m | 281 | 2.8 | 01:44:09 | 10:25 | 6:28 |
| 719 | Lewis Jones | 867 | 01:45:10 | PNRC | m | | | 01:43:55 | 10:23 | 6:27 |
| 720 | Tamsin GodfreyDavies | 767 | 01:45:10 | | f | | | 01:43:55 | 10:23 | 6:27 |
| 721 | Bonnie Brown | 192 | 01:45:12 | Purbeck Runners | f | | | 01:43:35 | 10:22 | 6:26 |
| 722 | Sarah Barron | 184 | 01:45:22 | Stubbington Green Runners | f | 191 | 19.1 | 01:44:04 | 10:24 | 6:28 |
| 723 | Alice Fenlon | 887 | 01:45:29 | Hedge End RC | f | 192 | 18.7 | 01:43:49 | 10:23 | 6:27 |
| 724 | Laura Higdon | 908 | 01:45:30 | | f | | | 01:43:58 | 10:24 | 6:28 |
| 725 | Simon Ockelford | 835 | 01:45:41 | | m | | | 01:44:18 | 10:26 | 6:29 |
| 726 | Ellie CampbellRicketts | 684 | 01:45:41 | Lichfield RC | f | | | 01:44:23 | 10:26 | 6:29 |
| 727 | Richard Hudson | 45 | 01:45:42 | Avon Valley Runners | m | | | 01:44:14 | 10:25 | 6:29 |
| 728 | Kerryn Hudson | 43 | 01:45:42 | | f | | | 01:44:14 | 10:25 | 6:29 |
| 729 | Pauline Nicholson | 23 | 01:45:46 | Hedge End RC | f | 193 | 18.3 | 01:44:29 | 10:27 | 6:30 |
| 730 | Kim Carter | 55 | 01:45:52 | Gosport Road Runners | f | 194 | 17.9 | 01:44:41 | 10:28 | 6:30 |
| 731 | Rachel Hobbs | 337 | 01:45:56 | | f | | | 01:44:35 | 10:27 | 6:30 |
| 732 | Chris Hobbs | 336 | 01:45:57 | Ashford AC | m | | | 01:44:36 | 10:28 | 6:30 |
| 733 | Caroline Oakes | 479 | 01:46:09 | Gosport Road Runners | f | 195 | 17.4 | 01:44:58 | 10:30 | 6:31 |
| 734 | Diana DAVIS | 872 | 01:46:53 | Totton RC | f | 196 | 17.0 | 01:45:24 | 10:32 | 6:33 |
| 735 | Claire Roberts | 164 | 01:46:58 | Solent Running Sisters | f | 197 | 16.6 | 01:45:55 | 10:35 | 6:35 |
| 736 | Mary Thane | 329 | 01:47:07 | Blackwater Valley Runners | f | 198 | 16.2 | 01:45:44 | 10:34 | 6:34 |

| | | | | | | | | | | |
|-----|-------------------|-----|----------|------------------------------------|---|-----|------|----------|-------|------|
| 737 | Elaine Campbell | 339 | 01:47:13 | Blackwater Valley Runners | f | 199 | 15.7 | 01:45:50 | 10:35 | 6:35 |
| 738 | Donna Tatem | 539 | 01:47:18 | Gosport Road Runners | f | 200 | 15.3 | 01:45:48 | 10:35 | 6:34 |
| 739 | Nuala Irven | 238 | 01:47:20 | Poole AC | f | | | 01:46:23 | 10:38 | 6:37 |
| 740 | Deborah Askew | 18 | 01:47:28 | | f | | | 01:46:02 | 10:36 | 6:35 |
| 741 | Lisa Milner | 474 | 01:47:40 | City Of Salisbury AC RC | f | 201 | 14.9 | 01:46:14 | 10:37 | 6:36 |
| 742 | Malcolm Stone | 180 | 01:47:44 | | m | | | 01:46:10 | 10:37 | 6:36 |
| 743 | Andrew Mills | 735 | 01:47:51 | Poole AC | m | | | 01:46:42 | 10:40 | 6:38 |
| 744 | Michael Furlong | 246 | 01:48:10 | Hedge End RC | m | 282 | 2.4 | 01:46:57 | 10:42 | 6:39 |
| 745 | Robert Hylands | 709 | 01:48:33 | Gosport Road Runners | m | 283 | 2.1 | 01:47:05 | 10:43 | 6:39 |
| 746 | Lu Yarwood | 373 | 01:48:34 | City Of Salisbury AC RC | f | 202 | 14.5 | 01:46:54 | 10:41 | 6:39 |
| 747 | Georgia Judd | 634 | 01:48:44 | Netley Abbey Runners | f | 203 | 14.0 | 01:47:32 | 10:45 | 6:41 |
| 748 | Roma Cox | 633 | 01:48:44 | | f | | | 01:47:33 | 10:45 | 6:41 |
| 749 | Lisa Smith | 948 | 01:48:51 | Lordshill Road Runners | f | 204 | 13.6 | 01:47:19 | 10:44 | 6:40 |
| 750 | Janine Kemm | 4 | 01:49:03 | City Of Salisbury AC RC | f | 205 | 13.2 | 01:47:38 | 10:46 | 6:41 |
| 751 | Jason Shoemsmith | 642 | 01:49:09 | Eastleigh RC | m | 284 | 1.7 | 01:47:32 | 10:45 | 6:41 |
| 752 | Lisa Phaure | 253 | 01:49:31 | City Of Salisbury AC RC | f | 206 | 12.8 | 01:48:02 | 10:48 | 6:43 |
| 753 | Susie Elliott | 353 | 01:49:32 | Littledown Harriers | f | | | 01:47:52 | 10:47 | 6:42 |
| 754 | Karen Charlton | 248 | 01:49:32 | Stubbington Green Runners | f | 207 | 12.3 | 01:48:09 | 10:49 | 6:43 |
| 755 | Gayle Morris | 930 | 01:49:33 | Independent Intelligent Fitness | f | | | 01:48:04 | 10:48 | 6:43 |
| 756 | Alison Daniell | 360 | 01:49:36 | | f | | | 01:48:12 | 10:49 | 6:43 |
| 757 | Shelley Tolcher | 421 | 01:50:11 | City Of Salisbury AC RC | f | 208 | 11.9 | 01:48:41 | 10:52 | 6:45 |
| 758 | Kathy Cotter | 418 | 01:50:13 | | f | | | 01:48:43 | 10:52 | 6:45 |
| 759 | Nicola Stott | 493 | 01:50:18 | Victory AC | f | 209 | 11.5 | 01:48:46 | 10:53 | 6:46 |
| 760 | Nicola Robertson | 20 | 01:50:21 | | f | | | 01:48:45 | 10:52 | 6:45 |
| 761 | Kathy Brown | 830 | 01:50:26 | Farnham Runners | f | 210 | 11.1 | 01:48:52 | 10:53 | 6:46 |
| 762 | Trisha Mills | 411 | 01:50:27 | Poole AC | f | | | 01:49:17 | 10:56 | 6:47 |
| 763 | Danielle Rossiter | 190 | 01:51:03 | Hedge End RC | f | 211 | 10.6 | 01:49:23 | 10:56 | 6:48 |
| 764 | sarah rejchrt | 477 | 01:51:08 | Westbourne R C | f | | | 01:50:03 | 11:00 | 6:50 |
| 765 | Sarah Jessup | 831 | 01:51:09 | | f | | | 01:49:45 | 10:58 | 6:49 |
| 766 | Jeremy Mardles | 710 | 01:51:15 | City Of Salisbury AC RC | m | 285 | 1.4 | 01:49:54 | 10:59 | 6:50 |
| 767 | Andrew Kinney | 537 | 01:51:19 | Harlow RC | m | | | 01:49:43 | 10:58 | 6:49 |
| 768 | Rob Gowman | 209 | 01:51:30 | Romsey Road Runners | m | 286 | 1.0 | 01:50:04 | 11:00 | 6:50 |
| 769 | Paula Walker | 511 | 01:51:36 | Chiltern Harriers AC | f | | | 01:50:31 | 11:03 | 6:52 |
| 770 | Anita Holt | 194 | 01:52:00 | City Of Salisbury AC RC | f | 212 | 10.2 | 01:50:41 | 11:04 | 6:53 |
| 771 | Colin Martin | 10 | 01:52:01 | City Of Salisbury AC RC | m | 287 | 0.7 | 01:50:19 | 11:02 | 6:51 |
| 772 | Victoria Fenwick | 540 | 01:53:06 | | f | | | 01:51:28 | 11:09 | 6:56 |
| 773 | Kelly Hughes | 450 | 01:53:33 | | f | | | 01:52:24 | 11:14 | 6:59 |
| 774 | Catrina Groves | 501 | 01:53:34 | Stubbington Green Runners | f | 213 | 9.8 | 01:52:12 | 11:13 | 6:58 |
| 775 | Angela Siggs | 599 | 01:54:12 | | f | | | 01:53:14 | 11:19 | 7:02 |
| 776 | Jenny Robinson | 647 | 01:54:45 | | f | | | 01:53:32 | 11:21 | 7:03 |
| 777 | chris Dunn-Veale | 252 | 01:54:50 | | m | | | 01:54:27 | 11:27 | 7:07 |
| 778 | Fiona Donovan | 888 | 01:55:04 | Solent Running Sisters | f | 214 | 9.4 | 01:53:53 | 11:23 | 7:05 |
| 779 | Grace Griffiths | 672 | 01:55:17 | City Of Salisbury AC RC | f | 215 | 8.9 | 01:54:02 | 11:24 | 7:05 |
| 780 | Jude Ball | 380 | 01:55:31 | Chandlers Ford Community Running C | f | | | 01:54:19 | 11:26 | 7:06 |
| 781 | Ann Blondel | 35 | 01:55:40 | City Of Salisbury AC RC | f | 216 | 8.5 | 01:54:29 | 11:27 | 7:07 |
| 782 | Nicola Hughes | 610 | 01:55:48 | Solent Running Sisters | f | 217 | 8.1 | 01:54:13 | 11:25 | 7:06 |
| 783 | Bethan Ingell | 422 | 01:55:48 | | f | | | 01:54:56 | 11:30 | 7:08 |
| 784 | Jo Rolfe | 37 | 01:55:49 | Solent Running Sisters | f | 218 | 7.7 | 01:54:14 | 11:25 | 7:06 |
| 785 | Sue Haig | 799 | 01:56:17 | Itchen Spitfires RC | f | 219 | 7.2 | 01:54:48 | 11:29 | 7:08 |
| 786 | Alison Shilley | 333 | 01:56:25 | Blackwater Valley Runners | f | 220 | 6.8 | 01:55:03 | 11:30 | 7:09 |
| 787 | Kerry Murray | 794 | 01:56:25 | Itchen Spitfires RC | f | 221 | 6.4 | 01:54:56 | 11:30 | 7:08 |
| 788 | Duncan Watkinson | 49 | 01:57:17 | City Of Salisbury AC RC | m | 288 | 0.3 | 01:55:37 | 11:34 | 7:11 |
| 789 | Amy Gower | 503 | 01:58:20 | Gosport Road Runners | f | 222 | 6.0 | 01:56:56 | 11:42 | 7:16 |
| 790 | Sophie Hurlo | 572 | 01:58:47 | Gosport Road Runners | f | 223 | 5.5 | 01:57:23 | 11:44 | 7:18 |
| 791 | Liz Jochum | 893 | 01:59:24 | Moms run this town | f | | | 01:58:35 | 11:52 | 7:22 |
| 792 | Grace Galton | 440 | 01:59:36 | Poole AC | f | | | 01:58:11 | 11:49 | 7:21 |
| 793 | Marilyn Crocker | 671 | 01:59:40 | Victory AC | f | 224 | 5.1 | 01:58:09 | 11:49 | 7:20 |
| 794 | Ann Deverill | 233 | 01:59:48 | Poole AC | f | | | 01:58:22 | 11:50 | 7:21 |
| 795 | Karen Swan | 226 | 02:00:05 | Hart Road Runners | f | 225 | 4.7 | 01:58:32 | 11:51 | 7:22 |
| 796 | Bridget Main | 171 | 02:00:33 | Victory AC | f | 226 | 4.3 | 01:59:01 | 11:54 | 7:24 |
| 797 | Yvie Fisher | 351 | 02:00:49 | Royal Wootton Bassett Hounds RC | f | | | 01:59:28 | 11:57 | 7:25 |
| 798 | Claire Karnatz | 284 | 02:00:54 | Poole AC | f | | | 01:59:28 | 11:57 | 7:25 |
| 799 | Rachel Levensohn | 665 | 02:01:35 | City Of Salisbury AC RC | f | 227 | 3.8 | 02:00:17 | 12:02 | 7:28 |
| 800 | Deborah Williams | 484 | 02:02:01 | | f | | | 02:00:52 | 12:05 | 7:31 |
| 801 | Susan Long | 280 | 02:02:12 | Emersons Green Running Club | f | | | 02:01:03 | 12:06 | 7:31 |
| 802 | Emily Stoodley | 726 | 02:02:19 | Totton RC | f | 228 | 3.4 | 02:00:48 | 12:05 | 7:30 |
| 803 | Amanda Rudkin | 933 | 02:03:42 | Victory AC | f | 229 | 3.0 | 02:02:06 | 12:13 | 7:35 |

| | | | | | | | | | | |
|-----|-------------------|-----|----------|--------------------------|---|-----|-----|----------|-------|------|
| 804 | Sara Heath | 176 | 02:03:56 | Victory AC | f | 230 | 2.6 | 02:02:20 | 12:14 | 7:36 |
| 805 | Lesley Brown | 47 | 02:05:51 | City Of Salisbury AC RC | f | 231 | 2.1 | 02:04:12 | 12:25 | 7:43 |
| 806 | Deborah Winn | 773 | 02:06:22 | Portsmouth Joggers | f | 232 | 1.7 | 02:04:50 | 12:29 | 7:45 |
| 807 | John Shepherd | 142 | 02:06:22 | Portsmouth Joggers | m | 289 | 0 | 02:04:52 | 12:29 | 7:46 |
| 808 | Alison Smith | 763 | 02:06:22 | Portsmouth Joggers | f | 233 | 1.3 | 02:04:49 | 12:29 | 7:45 |
| 809 | Zena Dixon | 417 | 02:10:25 | | f | | | 02:09:29 | 12:57 | 8:03 |
| 810 | Isabel Elgy | 790 | 02:11:14 | | f | | | 02:09:37 | 12:58 | 8:03 |
| 811 | Debbie Pentland | 100 | 02:11:30 | Portsmouth Joggers | f | 234 | 0.9 | 02:10:05 | 13:00 | 8:05 |
| 812 | Annie Kemp | 255 | 02:12:46 | | f | | | 02:11:09 | 13:07 | 8:09 |
| 813 | Lucy Titcombe | 637 | 02:14:46 | Lonely Goat Running Club | f | | | 02:13:19 | 13:20 | 8:17 |
| 814 | Melanie Coles | 293 | 02:19:24 | Poole AC | f | | | 02:17:57 | 13:48 | 8:34 |
| 815 | Andrew Hammett | 532 | 02:28:09 | | m | | | 02:26:35 | 14:40 | 9:06 |
| 816 | Leonora Richards | 531 | 02:28:09 | | f | | | 02:26:34 | 14:39 | 9:06 |
| 817 | Stacey Stevenson | 202 | 02:36:59 | | f | | | 02:35:23 | 15:32 | 9:39 |
| 818 | Sarah-Jayne Lyons | 199 | 02:37:00 | | f | | | 02:35:23 | 15:32 | 9:39 |
| 819 | Kathryn Dreyer | 951 | 02:37:02 | City Of Salisbury AC RC | f | 235 | 0.4 | 02:35:19 | 15:32 | 9:39 |
| 820 | Jeanette Hardiman | 952 | 02:37:03 | City Of Salisbury AC RC | f | 236 | 0 | 02:35:21 | 15:32 | 9:39 |