

| | | | | | | | | |
|----|-----|-----|----------------------------|----------|---------------------------|-----|------|-----|
| MS | 142 | 64 | 155 Cameron Reid | 36:28 D1 | Chiltern Harriers | M20 | 13M | 205 |
| MS | 145 | 65 | 363 Jeremy Vick | 36:31 D1 | Marshall Milton Keynes AC | M40 | 8M | 204 |
| MS | 148 | 66 | 677 Aidrian Mitchell | 36:39 D1 | St Albans Striders | M20 | 14M | 203 |
| MS | 150 | 67 | 1522 Neil Hutchinson | 36:47 D1 | Queens Park Harriers | M5 | 15M | 202 |
| MS | 152 | 68 | 1394 Tom Inchley | 36:50 D1 | Leighton Buzzard AC | M5 | 46M | 201 |
| MS | 154 | 69 | 1318 Matt Adcock | 36:52 D1 | Watford Harriers | M50 | 1M | 200 |
| MS | 156 | 70 | 943 Sean Wilson | 36:54 D1 | Wycombe Phoenix | M5 | 47M | 199 |
| MS | 157 | 71 | 554 Oliver Knight | 36:55 D1 | St Albans Striders | M5 | 48M | 198 |
| MS | 158 | 72 | 1550 Stefan Anton | 36:59 D1 | Queens Park Harriers | M5 | 49M | 197 |
| MS | 159 | 73 | 346 Matt Clarke | 37:01 D1 | Marshall Milton Keynes AC | M40 | 9M | 196 |
| MS | 160 | 74 | 1157 Jamie Pugh | 37:02 D1 | Vale of Aylesbury AC | M20 | 15M | 195 |
| MS | 165 | 75 | 1074 Angus Saunders | 37:07 D1 | Dacorum & Tring AC | M20 | 16M | 194 |
| MS | 166 | 76 | 569 Steve Cockrell | 37:10 D1 | St Albans Striders | M5 | 50M | 193 |
| MS | 168 | 77 | 1082 Sean Collum | 37:16 D1 | Dacorum & Tring AC | M5 | 51M | 192 |
| MS | 169 | 78 | 922 Dean Childs | 37:17 D1 | Wycombe Phoenix | M5 | 52M | 191 |
| MS | 172 | 79 | 1392 Sam Dear | 37:19 D1 | Leighton Buzzard AC | M5 | 53M | 190 |
| MS | 173 | 80 | 570 Graham Smith | 37:20 D1 | St Albans Striders | M40 | 10M | 189 |
| MS | 177 | 81 | 1096 Matt Hamilton | 37:30 D1 | Dacorum & Tring AC | M5 | 54M | 188 |
| MS | 178 | 82 | 1408 James Bell | 37:32 D1 | Leighton Buzzard AC | M50 | 2M | 187 |
| MS | 179 | 83 | 1551 Michael Omirzak | 37:32 D1 | Queens Park Harriers | M40 | 11M | 186 |
| MS | 181 | 84 | 1323 Stuart Ingham | 37:34 D1 | Watford Harriers | M40 | 12M | 185 |
| MS | 182 | 85 | 472 Adam Gibson | 37:37 D1 | Redway Runners | M5 | 55M | 184 |
| MS | 183 | 86 | 340 Stephen Ratcliffe | 37:39 D1 | Marshall Milton Keynes AC | M5 | 56M | 183 |
| MS | 184 | 87 | 1101 Mark Baines | 37:40 D1 | Vale of Aylesbury AC | M5 | 57M | 182 |
| MS | 185 | 88 | 466 Sean Pinney | 37:42 D1 | Redway Runners | M5 | 58M | 181 |
| MS | 187 | 89 | 1411 Stuart Biofield | 37:43 D1 | Leighton Buzzard AC | M40 | 13M | 180 |
| MS | 189 | 90 | 1602 Henry Keighley Elstub | 37:45 D1 | Tring Running Club | M40 | 14M | 179 |
| MS | 190 | 91 | 1314 Frank Ryan | 37:45 D1 | Watford Harriers | M50 | 3M | 178 |
| MS | 192 | 92 | 575 Andrew Shaw | 37:55 D1 | St Albans Striders | M20 | 17M | 177 |
| MS | 194 | 93 | 1163 Matthew Bird | 37:57 D1 | Vale of Aylesbury AC | M20 | 18M | 176 |
| MS | 196 | 94 | 552 Richard Evans | 37:59 D1 | St Albans Striders | M5 | 59M | 175 |
| MS | 197 | 95 | 813 Ewan Wilson | 38:02 D1 | Bedford and County AC | M40 | 15M | 174 |
| MS | 199 | 96 | 581 Gareth Parker | 38:04 D1 | St Albans Striders | M40 | 16M | 173 |
| MS | 202 | 97 | 1644 Jonty Wager Leigh | 38:08 D1 | Tring Running Club | M5 | 60M | 172 |
| MS | 203 | 98 | 1325 Geoff Curwen | 38:10 D1 | Watford Harriers | M40 | 17M | 171 |
| MS | 204 | 99 | 1391 Paul Andrew | 38:14 D1 | Leighton Buzzard AC | M5 | 61M | 170 |
| MS | 206 | 100 | 151 Neil Turner | 38:20 D1 | Chiltern Harriers | M40 | 18M | 169 |
| MS | 208 | 101 | 1647 Daniel Tearle | 38:23 D1 | Tring Running Club | M5 | 62M | 168 |
| MS | 210 | 102 | 1109 Roger Seed | 38:25 D1 | Vale of Aylesbury AC | M40 | 19M | 167 |
| MS | 212 | 103 | 1327 Adam Hirst | 38:26 D1 | Watford Harriers | M5 | 63M | 166 |
| MS | 213 | 104 | 1053 Mike Carpenter | 38:27 D1 | Dacorum & Tring AC | M5 | 64M | 165 |
| MS | 220 | 105 | 822 Stuart Still | 38:37 D1 | Bedford and County AC | M50 | 4M | 164 |
| MS | 222 | 106 | 1410 Steve Sharples | 38:43 D1 | Leighton Buzzard AC | M50 | 5M | 163 |
| MS | 225 | 107 | 1415 James Cusack | 38:46 D1 | Leighton Buzzard AC | M5 | 65M | 162 |
| MS | 226 | 108 | 1460 Michael Linden | 38:47 D1 | Gade Valley Harriers | M40 | 20M | 161 |
| MS | 227 | 109 | 929 Clark Schofield | 38:48 D1 | Wycombe Phoenix | M40 | 21M | 160 |
| MS | 229 | 110 | 1436 Will Eastman | 38:50 D1 | Leighton Buzzard AC | M5 | 66M | 159 |
| MS | 231 | 111 | 349 Andrew Kirschner | 38:51 D1 | Marshall Milton Keynes AC | M5 | 67M | 158 |
| MS | 233 | 112 | 1158 Matthew Rizzo-Naudi | 38:52 D1 | Vale of Aylesbury AC | M20 | 19M | 157 |
| MS | 234 | 113 | 347 David Cavero Montaner | 39:04 D1 | Marshall Milton Keynes AC | M5 | 68M | 156 |
| MS | 237 | 114 | 1322 Tim Maynard | 39:15 D1 | Watford Harriers | M40 | 22M | 155 |
| MS | 238 | 115 | 1067 Ben Stratford | 39:15 D1 | Dacorum & Tring AC | M5 | 69M | 154 |
| MS | 239 | 116 | 1524 Sam Sutherland | 39:16 D1 | Queens Park Harriers | M5 | 70M | 153 |
| MS | 242 | 117 | 339 Finlay Gibbs | 39:19 D1 | Marshall Milton Keynes AC | M20 | 20M | 152 |
| MS | 244 | 118 | 1541 Maciej Koltermiak | 39:26 D1 | Queens Park Harriers | M40 | 23M | 151 |
| MS | 245 | 119 | 1611 Nigel Bunn | 39:34 D1 | Tring Running Club | M50 | 6M | 150 |
| MS | 246 | 120 | 1326 Sai Nimalanathan | 39:38 D1 | Watford Harriers | M5 | 71M | 149 |
| MS | 249 | 121 | 1451 Dylan Wendleken | 39:40 D1 | Gade Valley Harriers | M40 | 24M | 148 |
| MS | 250 | 122 | 1099 Chris Marriott | 39:41 D1 | Dacorum & Tring AC | M5 | 72M | 147 |
| MS | 251 | 123 | 1396 Matthew Brooks | 39:41 D1 | Leighton Buzzard AC | M40 | 25M | 146 |
| MS | 252 | 124 | 1400 Michael Furness | 39:42 D1 | Leighton Buzzard AC | M40 | 26M | 145 |
| MS | 254 | 125 | 465 Paul Clifford-Jones | 39:46 D1 | Redway Runners | M40 | 27M | 144 |
| MS | 257 | 126 | 128 Jon Taylor | 39:51 D1 | Chiltern Harriers | M5 | 73M | 143 |
| MS | 258 | 127 | 479 Campbell Noon | 39:53 D1 | Redway Runners | M50 | 7M | 142 |
| MS | 259 | 128 | 1698 Lewis Ruggs | 40:01 D1 | MK Distance Project | M5 | 74M | 141 |
| MS | 261 | 129 | 1536 Martin Hanicic | 40:05 D1 | Queens Park Harriers | M5 | 75M | 140 |
| MS | 262 | 130 | 1470 Timothy Abbott | 40:07 D1 | Gade Valley Harriers | M5 | 76M | 139 |
| MS | 263 | 131 | 448 Matt Clements | 40:07 D1 | Redway Runners | M5 | 77M | 138 |
| MS | 264 | 132 | 1658 Eliot Winter | 40:11 D1 | MK Distance Project | M5 | 78M | 137 |
| MS | 265 | 133 | 1603 Jerome McAllister | 40:12 D1 | Tring Running Club | M40 | 28M | 136 |
| MS | 267 | 134 | 588 Mike Jubb | 40:15 D1 | St Albans Striders | M40 | 29M | 135 |
| MS | 268 | 135 | 1455 Hamish Shaw | 40:15 D1 | Gade Valley Harriers | M5 | 79M | 134 |
| MS | 269 | 136 | 1409 Nick Clay | 40:16 D1 | Leighton Buzzard AC | M50 | 8M | 133 |
| MS | 270 | 137 | 1086 Thomas Mack | 40:21 D1 | Dacorum & Tring AC | M5 | 80M | 132 |
| MS | 271 | 138 | 331 Steve Withers | 40:22 D1 | Marshall Milton Keynes AC | M40 | 30M | 131 |
| MS | 272 | 139 | 428 Andy Gardner | 40:24 D1 | Redway Runners | M5 | 81M | 130 |
| MS | 273 | 140 | 559 Richard Davis | 40:28 D1 | St Albans Striders | M50 | 9M | 129 |
| MS | 274 | 141 | 819 Jim Black | 40:31 D1 | Bedford and County AC | M50 | 10M | 128 |
| MS | 275 | 142 | 1088 Vadim Sumenkov | 40:31 D1 | Dacorum & Tring AC | M5 | 82M | 127 |
| MS | 276 | 143 | 560 Alex Johnston | 40:32 D1 | St Albans Striders | M5 | 83M | 126 |
| MS | 278 | 144 | 337 Andrew Wasdell | 40:33 D1 | Marshall Milton Keynes AC | M40 | 31M | 125 |
| MS | 281 | 145 | 594 Nigel Aston | 40:43 D1 | St Albans Striders | M50 | 11M | 124 |
| MS | 283 | 146 | 140 Nathan Taylor | 40:45 D1 | Chiltern Harriers | M40 | 32M | 123 |
| MS | 287 | 147 | 1452 Edward Price | 40:51 D1 | Gade Valley Harriers | M40 | 33M | 122 |
| MS | 288 | 148 | 126 Matt Hipgrave | 40:55 D1 | Chiltern Harriers | M5 | 84M | 121 |
| MS | 289 | 149 | 325 Eduardo Ustaran | 40:55 D1 | Marshall Milton Keynes AC | M50 | 12M | 120 |
| MS | 290 | 150 | 138 Richard Moss | 40:58 D1 | Chiltern Harriers | M40 | 34M | 119 |
| MS | 292 | 151 | 127 Thomas Powell | 41:03 D1 | Chiltern Harriers | M5 | 85M | 118 |
| MS | 293 | 152 | 1177 Robin Barrett | 41:06 D1 | Vale of Aylesbury AC | M5 | 86M | 117 |
| MS | 294 | 153 | 1639 Michael Burgess | 41:09 D1 | Tring Running Club | M50 | 13M | 116 |
| MS | 295 | 154 | 916 Scott Wilson-Nelson | 41:12 D1 | Wycombe Phoenix | M5 | 87M | 115 |
| MS | 296 | 155 | 133 Andy Hickman | 41:15 D1 | Chiltern Harriers | M50 | 14M | 114 |
| MS | 299 | 156 | 435 Gary Fidler | 41:18 D1 | Redway Runners | M5 | 88M | 113 |
| MS | 300 | 157 | 1110 Tim Jones | 41:19 D1 | Vale of Aylesbury AC | M60 | 1M | 112 |
| MS | 301 | 158 | 592 Daniel Langton | 41:22 D1 | St Albans Striders | M5 | 89M | 111 |
| MS | 302 | 159 | 144 Ian Lawson | 41:23 D1 | Chiltern Harriers | M50 | 15M | 110 |
| MS | 303 | 160 | 439 Ian Horner | 41:24 D1 | Redway Runners | M50 | 16M | 109 |
| MS | 305 | 161 | 121 Neil Bates | 41:26 D1 | Chiltern Harriers | M5 | 90M | 108 |
| MS | 307 | 162 | 589 Cathal Gallagher | 41:28 D1 | St Albans Striders | M40 | 35M | 107 |
| MS | 308 | 163 | 830 James Danobrega | 41:29 D1 | Bedford and County AC | M40 | 36M | 106 |
| MS | 309 | 164 | 1075 Marc Jones | 41:30 D1 | Dacorum & Tring AC | M5 | 91M | 105 |
| MS | 310 | 165 | 1466 Ross Deacon | 41:31 D1 | Gade Valley Harriers | M40 | 37M | 104 |
| MS | 313 | 166 | 348 Chris Dunn | 41:30 D1 | Marshall Milton Keynes AC | M5 | 92M | 103 |
| MS | 317 | 167 | 362 Steve Martin | 41:55 D1 | Marshall Milton Keynes AC | M5 | 93M | 102 |
| MS | 319 | 168 | 1407 Warren Rose | 42:01 D1 | Leighton Buzzard AC | M40 | 38M | 101 |
| MS | 320 | 169 | 1471 Simon Wallis | 42:04 D1 | Gade Valley Harriers | M40 | 39M | 100 |
| MS | 321 | 170 | 1461 Phil Heaton | 42:06 D1 | Gade Valley Harriers | M5 | 94M | 99 |
| MS | 322 | 171 | 141 Mike Worsfold | 42:07 D1 | Chiltern Harriers | M40 | 40M | 98 |
| MS | 324 | 172 | 553 Colin Braybrook | 42:12 D1 | St Albans Striders | M50 | 17M | 97 |
| MS | 325 | 173 | 431 Dan Hippey | 42:16 D1 | Redway Runners | M40 | 41M | 96 |
| MS | 326 | 174 | 330 Alfie Blaber | 42:20 D1 | Marshall Milton Keynes AC | M20 | 21M | 95 |
| MS | 327 | 175 | 1643 Stuart Fogarty | 42:20 D1 | Tring Running Club | M50 | 18M | 94 |
| MS | 328 | 176 | 440 Jeff Ward | 42:20 D1 | Redway Runners | M40 | 42M | 93 |
| MS | 332 | 177 | 1052 Neil Adcock | 42:23 D1 | Dacorum & Tring AC | M5 | 95M | 92 |
| MS | 334 | 178 | 1079 Paul Christie | 42:25 D1 | Dacorum & Tring AC | M40 | 43M | 91 |
| MS | 335 | 179 | 361 Caspar Zoellig | 42:28 D1 | Marshall Milton Keynes AC | M5 | 96M | 90 |
| MS | 338 | 180 | 478 Matthew Childs | 42:39 D1 | Redway Runners | M40 | 44M | 89 |
| MS | 342 | 181 | 1447 James Carter | 42:47 D1 | Gade Valley Harriers | M5 | 97M | 88 |
| MS | 344 | 182 | 1693 Andrew Jacobs | 42:51 D1 | MK Distance Project | M40 | 45M | 87 |
| MS | 349 | 183 | 1063 Steven Russell | 43:08 D1 | Dacorum & Tring AC | M40 | 46M | 86 |
| MS | 352 | 184 | 1401 Neil Green | 43:16 D1 | Leighton Buzzard AC | M40 | 47M | 85 |
| MS | 353 | 185 | 156 Cory Dyck | 43:16 D1 | Chiltern Harriers | M5 | 98M | 84 |
| MS | 355 | 186 | 576 Steve Smith | 43:20 D1 | St Albans Striders | M50 | 19M | 83 |
| MS | 356 | 187 | 1469 Stephen Newing | 43:21 D1 | Gade Valley Harriers | M5 | 99M | 82 |
| MS | 357 | 188 | 557 Martin Halling | 43:22 D1 | St Albans Striders | M60 | 2M | 81 |
| MS | 362 | 189 | 593 Craig Dowie | 43:31 D1 | St Albans Striders | M40 | 48M | 80 |
| MS | 366 | 190 | 1621 Chris Nicholls | 43:38 D1 | Tring Running Club | M50 | 20M | 79 |
| MS | 368 | 191 | 463 Simon Billenness | 43:40 D1 | Redway Runners | M50 | 21M | 78 |
| MS | 369 | 192 | 1456 James Birnie | 43:41 D1 | Gade Valley Harriers | M40 | 49M | 77 |
| MS | 371 | 193 | 146 Alan Hornbrook | 43:48 D1 | Chiltern Harriers | M60 | 3M | 76 |
| MS | 372 | 194 | 1546 Maurice Quirk | 43:48 D1 | Queens Park Harriers | M60 | 4M | 75 |
| MS | 374 | 195 | 1076 Richard Slack | 43:59 D1 | Dacorum & Tring AC | M40 | 50M | 74 |
| MS | 375 | 196 | 1403 Adam Haylock | 43:59 D1 | Leighton Buzzard AC | M40 | 51M | 73 |
| MS | 376 | 197 | 1622 Jon Salmon | 44:00 D1 | Tring Running Club | M50 | 22M | 72 |
| MS | 377 | 198 | 1651 Lee Adams | 44:02 D1 | MK Distance Project | M5 | 100M | 71 |
| MS | 378 | 199 | 401 James Down | 44:04 D1 | Redway Runners | M5 | 101M | 70 |
| MS | 379 | 200 | 432 Chris Lindesay | 44:07 D1 | Redway Runners | M40 | 52M | 69 |
| MS | 380 | 201 | 1316 Adrian Harwood | 44:15 D1 | Watford Harriers | M50 | 23M | 68 |
| MS | 381 | 202 | 1395 James Lowe | 44:17 D1 | Leighton Buzzard AC | M5 | 102M | 67 |
| MS | 382 | 203 | 1472 Nick Crowther | 44:19 D1 | Gade Valley Harriers | M40 | 53M | 66 |
| MS | 383 | 204 | 1462 Phil Mercer | 44:20 D1 | Gade Valley Harriers | M40 | 54M | 65 |
| MS | 384 | 205 | 585 Anthony Nicolson | 44:25 D1 | St Albans Striders | M50 | 24M | 64 |

| | | | | | | | | |
|----|-----|-----|---------------------------|----------|---------------------------|-----|-------|----|
| MS | 385 | 206 | 449 Neville Rowles | 44:35 D1 | Redway Runners | M50 | 25 M | 63 |
| MS | 387 | 207 | 1441 Andy Cook | 44:44 D1 | Gade Valley Harriers | M50 | 26 M | 62 |
| MS | 391 | 208 | 459 Rages Hobbs | 45:09 D1 | Redway Runners | M50 | 27 M | 61 |
| MS | 394 | 209 | 1646 Trevor Lark | 45:17 D1 | Tring Running Club | M60 | 5 M | 60 |
| MS | 395 | 210 | 582 Richard Olney | 45:18 D1 | St Albans Striders | M50 | 28 M | 59 |
| MS | 396 | 211 | 328 Ben Miller | 45:20 D1 | Marshall Milton Keynes AC | M40 | 55 M | 58 |
| MS | 397 | 212 | 475 Warren Goodlake | 45:21 D1 | Redway Runners | M50 | 29 M | 57 |
| MS | 399 | 213 | 353 Jack Comerford | 45:23 D1 | Marshall Milton Keynes AC | MS | 103 M | 56 |
| MS | 400 | 214 | 135 Glen Martin | 45:25 D1 | Chiltern Harriers | M40 | 56 M | 55 |
| MS | 406 | 215 | 1080 Adrian Marshall | 45:44 D1 | Dacorum & Tring AC | M40 | 57 M | 54 |
| MS | 407 | 216 | 462 Roy Taylor | 45:46 D1 | Redway Runners | M50 | 30 M | 53 |
| MS | 408 | 217 | 323 Tim Pearce | 45:48 D1 | Marshall Milton Keynes AC | M40 | 58 M | 52 |
| MS | 412 | 218 | 419 Neal Turney | 45:58 D1 | Redway Runners | M40 | 59 M | 51 |
| MS | 415 | 219 | 930 Mike Taylor | 46:11 D1 | Wycombe Phoenix | M50 | 31 M | 50 |
| MS | 416 | 220 | 1107 Trevor Lynch | 46:13 D1 | Vale of Aylesbury AC | M50 | 32 M | 49 |
| MS | 418 | 221 | 1108 Alan Roberts | 46:15 D1 | Vale of Aylesbury AC | M50 | 33 M | 48 |
| MS | 421 | 222 | 421 Kevin Shephard | 46:21 D1 | Redway Runners | M50 | 34 M | 47 |
| MS | 422 | 223 | 590 Jonathan Bird | 46:22 D1 | St Albans Striders | M40 | 60 M | 46 |
| MS | 423 | 224 | 1612 Paul Cowan | 46:22 D1 | Tring Running Club | M50 | 35 M | 45 |
| MS | 427 | 225 | 1543 Richard Byrne | 46:33 D1 | Queens Park Harriers | M40 | 61 M | 44 |
| MS | 428 | 226 | 568 Jim West | 46:34 D1 | St Albans Striders | M40 | 62 M | 43 |
| MS | 429 | 227 | 1450 Dean Kidd | 46:35 D1 | Gade Valley Harriers | MS | 104 M | 42 |
| MS | 432 | 228 | 1071 Danny Wells | 46:40 D1 | Dacorum & Tring AC | MS | 105 M | 41 |
| MS | 437 | 229 | 474 Jason Lee | 47:08 D1 | Redway Runners | M40 | 63 M | 40 |
| MS | 439 | 230 | 446 Maurice O'Connell | 47:22 D1 | Redway Runners | M60 | 6 M | 39 |
| MS | 440 | 231 | 434 Andrew Collins | 47:26 D1 | Redway Runners | M40 | 64 M | 38 |
| MS | 441 | 232 | 1610 Rick Ansell | 47:28 D1 | Tring Running Club | M50 | 36 M | 37 |
| MS | 442 | 233 | 1091 Tony Beeve | 47:34 D1 | Dacorum & Tring AC | M50 | 37 M | 36 |
| MS | 443 | 234 | 1212 Kevin Clark | 47:36 D1 | Watford Harriers | M50 | 38 M | 35 |
| MS | 448 | 235 | 1398 Chris Dimmock | 47:47 D1 | Leighton Buzzard AC | M40 | 65 M | 34 |
| MS | 450 | 236 | 1642 Sam Whiffen | 47:53 D1 | Tring Running Club | MS | 106 M | 33 |
| MS | 452 | 237 | 1098 Matthew Rush | 47:55 D1 | Dacorum & Tring AC | M40 | 66 M | 32 |
| MS | 453 | 238 | 1066 John Stevens | 47:59 D1 | Dacorum & Tring AC | M60 | 7 M | 31 |
| MS | 454 | 239 | 1616 Graham Hollands | 48:05 D1 | Tring Running Club | M50 | 39 M | 30 |
| MS | 455 | 240 | 470 Jon Hunt | 48:11 D1 | Redway Runners | M50 | 40 M | 29 |
| MS | 457 | 241 | 1054 Robert Davies | 48:14 D1 | Dacorum & Tring AC | M40 | 67 M | 28 |
| MS | 458 | 242 | 1623 Mark Tikaram | 48:18 D1 | Tring Running Club | M50 | 41 M | 27 |
| MS | 459 | 243 | 1454 Roland Kendall | 48:28 D1 | Gade Valley Harriers | M40 | 68 M | 26 |
| MS | 460 | 244 | 1061 Phillp Pugh | 48:32 D1 | Dacorum & Tring AC | M60 | 8 M | 25 |
| MS | 461 | 245 | 442 Alistair Greenish | 48:35 D1 | Redway Runners | M40 | 69 M | 24 |
| MS | 462 | 246 | 345 Kelvin Smith | 48:35 D1 | Marshall Milton Keynes AC | M70 | 1 M | 23 |
| MS | 465 | 247 | 586 Anthony Bunker | 48:49 D1 | St Albans Striders | M40 | 70 M | 22 |
| MS | 470 | 248 | 1097 Andy Mitchell | 49:15 D1 | Dacorum & Tring AC | M50 | 42 M | 21 |
| MS | 473 | 249 | 457 Michael Wright | 49:25 D1 | Redway Runners | MS | 107 M | 20 |
| MS | 474 | 250 | 1087 Bill Wylie | 49:27 D1 | Dacorum & Tring AC | MS | 108 M | 19 |
| MS | 478 | 251 | 1527 Adrian Boylan | 49:34 D1 | Queens Park Harriers | M60 | 9 M | 18 |
| MS | 482 | 252 | 437 Gareth Snelson | 50:22 D1 | Redway Runners | M40 | 71 M | 17 |
| MS | 483 | 253 | 1619 Richard Murphy | 50:23 D1 | Tring Running Club | M50 | 43 M | 16 |
| MS | 485 | 254 | 577 Andrew Maher | 50:47 D1 | St Albans Striders | M40 | 72 M | 15 |
| MS | 495 | 255 | 564 Michael Jack | 52:01 D1 | St Albans Striders | M60 | 10 M | 14 |
| MS | 497 | 256 | 344 Stuart Cowan | 52:03 D1 | Marshall Milton Keynes AC | M70 | 2 M | 13 |
| MS | 498 | 257 | 471 Kevin Taylor | 52:22 D1 | Redway Runners | M50 | 44 M | 12 |
| MS | 500 | 258 | 1397 Nigel Chesterton | 52:36 D1 | Leighton Buzzard AC | M40 | 73 M | 11 |
| MS | 501 | 259 | 1093 Matthew David Stears | 52:41 D1 | Dacorum & Tring AC | M60 | 11 M | 10 |
| MS | 506 | 260 | 1526 Charles Tatham | 54:00 D1 | Queens Park Harriers | M50 | 45 M | 9 |
| MS | 507 | 261 | 1532 Tim Lewin | 54:13 D1 | Queens Park Harriers | M40 | 74 M | 8 |
| MS | 509 | 262 | 148 Trevor Brawn | 54:49 D1 | Chiltern Harriers | M70 | 3 M | 7 |
| MS | 511 | 263 | 566 Malcolm Coakley | 55:25 D1 | St Albans Striders | M50 | 46 M | 6 |
| MS | 513 | 264 | 1618 Peter Loose | 56:43 D1 | Tring Running Club | M50 | 47 M | 5 |
| MS | 515 | 265 | 1547 Trevor Mathurin | 57:10 D1 | Queens Park Harriers | M50 | 48 M | 4 |
| MS | 517 | 266 | 1064 John Slack | 58:50 D1 | Dacorum & Tring AC | M70 | 4 M | 3 |
| MS | 518 | 267 | 364 Peter Tye | 58:59 D1 | Marshall Milton Keynes AC | M50 | 49 M | 2 |
| MS | 519 | 268 | 1540 William O'Connor | 64:46 D1 | Queens Park Harriers | M70 | 5 M | 1 |

Under 17 Men

| Race | Mob | D1 | No. | Under 17/Junior Men | Time | Div | Club | Cat | Pos | M/F | Pts | M17 overall after 2 matches | Under 17 Men Team | Total | 1 | 2 | 3 | 4 |
|------|-----|----|-----------------------------|---------------------|---------------------------|-----|------|-----|-----|---------------------------|-----|-----------------------------|-------------------|-------|----|----|----|---|
| M17 | 40 | 1 | 982 Samuel Burnell | 20:02 D1 | Dacorum & Tring AC | M17 | 1 M | 33 | 1 | Dacorum & Tring AC | 187 | 1 Dacorum & Tring AC | 187 | 33 | 29 | 22 | 17 | |
| M17 | 47 | 2 | 312 Leo Freeland | 20:15 D1 | Marshall Milton Keynes AC | M17 | 2 M | 32 | 2 | Chiltern Harriers | 174 | 2 Chiltern Harriers | 101 | 23 | 21 | 20 | 19 | |
| M17 | 54 | 3 | 1266 Charlie Woollett | 20:25 D1 | Watford Harriers | M17 | 3 M | 31 | 3 | Marshall Milton Keynes AC | 149 | 3 Bedford and County AC | 81 | 30 | 24 | 14 | 13 | |
| M17 | 55 | 4 | 760 Alex Alston | 20:28 D1 | Bedford and County AC | M17 | 4 M | 30 | 4 | Bedford and County AC | 117 | 4 Marshall Milton Keynes AC | 81 | 32 | 26 | 12 | 11 | |
| M17 | 57 | 5 | 986 Freddie Truman-Williams | 20:30 D1 | Dacorum & Tring AC | M17 | 5 M | 29 | 5 | St Albans Striders | 99 | 5 St Albans Striders | 48 | 28 | 15 | 5 | | |
| M17 | 58 | 6 | 660 James Moore | 20:31 D1 | St Albans Striders | M17 | 6 M | 28 | 6 | Watford Harriers | 77 | 6 Watford Harriers | 41 | 31 | 9 | 1 | | |
| M17 | 59 | 7 | 1153 Nathan Jones | 20:34 D1 | Vale of Aylesbury AC | M17 | 7 M | 27 | 7 | Vale of Aylesbury AC | 65 | 7 Wycombe Phoenix | 32 | 25 | 4 | 3 | | |
| M17 | 70 | 8 | 360 Jamie Darcy | 20:56 D1 | Marshall Milton Keynes AC | M17 | 8 M | 26 | 8 | Wycombe Phoenix | 44 | 8 Vale of Aylesbury AC | 27 | 25 | | | | |
| M17 | 75 | 9 | 859 Jacob Sanderson | 21:15 D1 | Wycombe Phoenix | M17 | 9 M | 25 | 9 | 9 MK Distance Project | 8 | 9 Gade Valley Harriers | | | | | | |
| M17 | 78 | 10 | 765 Tristan Cook | 21:24 D1 | Bedford and County AC | M17 | 10 M | 24 | 10 | 10 Gade Valley Harriers | | 10 Leighton Buzzard AC | | | | | | |
| M17 | 82 | 11 | 79 Alex Aldred | 21:27 D1 | Chiltern Harriers | M17 | 11 M | 23 | 11 | 11 Leighton Buzzard AC | | 11 MK Distance Project | | | | | | |
| M17 | 84 | 12 | 985 Joseph Chamberlain | 21:31 D1 | Dacorum & Tring AC | M17 | 12 M | 22 | 12 | 12 Queens Park Harriers | | 12 Queens Park Harriers | | | | | | |
| M17 | 85 | 13 | 85 Ben Hunter | 21:32 D1 | Chiltern Harriers | M17 | 13 M | 21 | 13 | 13 Redway Runners | | 13 Redway Runners | | | | | | |
| M17 | 89 | 14 | 82 Alex Johnson | 21:49 D1 | Chiltern Harriers | M17 | 14 M | 20 | 14 | 14 Tring Running Club | | 14 Tring Running Club | | | | | | |
| M17 | 90 | 15 | 90 James Palmer | 21:56 D1 | Chiltern Harriers | M17 | 15 M | 19 | 15 | | | | | | | | | |
| M17 | 91 | 16 | 89 Benjamin Jackson | 21:57 D1 | Chiltern Harriers | M17 | 16 M | 18 | 16 | | | | | | | | | |
| M17 | 92 | 17 | 983 Thomas O'Reilly | 21:58 D1 | Dacorum & Tring AC | M17 | 17 M | 17 | 17 | | | | | | | | | |
| M17 | 103 | 18 | 87 Luke Martin | 22:30 D1 | Chiltern Harriers | M17 | 18 M | 16 | 18 | | | | | | | | | |
| M17 | 106 | 19 | 657 Aidan Tanner | 22:34 D1 | St Albans Striders | M17 | 19 M | 15 | 19 | | | | | | | | | |
| M17 | 108 | 20 | 762 Ahmed Tassaddq | 22:36 D1 | Bedford and County AC | M17 | 20 M | 14 | 20 | | | | | | | | | |
| M17 | 109 | 21 | 775 James Vinnicombe | 22:37 D1 | Bedford and County AC | M17 | 21 M | 13 | 21 | | | | | | | | | |
| M17 | 114 | 22 | 310 Aidan Murphy | 23:26 D1 | Marshall Milton Keynes AC | M17 | 22 M | 12 | 22 | | | | | | | | | |
| M17 | 116 | 23 | 309 Jack Sharp | 23:33 D1 | Marshall Milton Keynes AC | M17 | 23 M | 11 | 23 | | | | | | | | | |
| M17 | 118 | 24 | 313 Zak Freeland | 23:36 D1 | Marshall Milton Keynes AC | M17 | 24 M | 10 | 24 | | | | | | | | | |
| M17 | 119 | 25 | 1160 Alex Rosewarren | 23:42 D1 | Watford Harriers | M17 | 25 M | 9 | 25 | | | | | | | | | |
| M17 | 120 | 26 | 314 Alex Brent | 23:59 D1 | Marshall Milton Keynes AC | M17 | 26 M | 8 | 26 | | | | | | | | | |
| M17 | 124 | 27 | 764 Jack Hutchings | 24:15 D1 | Bedford and County AC | M17 | 27 M | 7 | 27 | | | | | | | | | |
| M17 | 125 | 28 | 317 Tom Meijer | 24:18 D1 | Marshall Milton Keynes AC | M17 | 28 M | 6 | 28 | | | | | | | | | |
| M17 | 126 | 29 | 675 Samuel Ogier | 24:18 D1 | St Albans Striders | M17 | 29 M | 5 | 29 | | | | | | | | | |
| M17 | 130 | 30 | 854 Aaron Phillips | 25:07 D1 | Wycombe Phoenix | M17 | 30 M | 4 | 30 | | | | | | | | | |
| M17 | 131 | 31 | 855 Alex Mitchell | 25:07 D1 | Wycombe Phoenix | M17 | 31 M | 3 | 31 | | | | | | | | | |
| M17 | 132 | 32 | 771 Max Hanford | 25:41 D1 | Bedford and County AC | M17 | 32 M | 2 | 32 | | | | | | | | | |
| M17 | 135 | 33 | 1262 Lewis Clark | 26:42 D1 | Watford Harriers | M17 | 33 M | 1 | 33 | | | | | | | | | |

Under 15 Boys

| Race | Mob | D1 | No. | Under 15 Boys | Time | Div | Club | Cat | Pos | M/F | Pts | M15 overall after 2 matches | Under 15 Boys Team | Total | 1 | 2 | 3 | 4 |
|------|-----|----|----------------------|---------------|---------------------------|-----|------|-----|-----|-----------------------------|-----|-----------------------------|--------------------|-------|----|----|----|---|
| M15 | 13 | 1 | 755 Noah Campion | 14:16 D1 | Bedford and County AC | M15 | 1 M | 30 | 1 | Bedford and County AC | 215 | 1 Bedford and County AC | 97 | 30 | 24 | 23 | 20 | |
| M15 | 20 | 2 | 640 Oscar Lovendy | 14:31 D1 | St Albans Striders | M15 | 2 M | 29 | 2 | 2 Marshall Milton Keynes AC | 177 | 2 Marshall Milton Keynes AC | 85 | 27 | 26 | 17 | 15 | |
| M15 | 30 | 3 | 1147 Ewan Maxwell | 15:03 D1 | Vale of Aylesbury AC | M15 | 3 M | 28 | 3 | 3 Vale of Aylesbury AC | 176 | 3 Vale of Aylesbury AC | 71 | 28 | 22 | 21 | | |
| M15 | 31 | 4 | 283 Callum Tripp | 15:03 D1 | Marshall Milton Keynes AC | M15 | 4 M | 27 | 4 | 4 Marshall Milton Keynes AC | 167 | 4 Chiltern Harriers | 34 | 16 | 10 | 8 | | |
| M15 | 35 | 5 | 285 Harry Totton | 15:14 D1 | Marshall Milton Keynes AC | M15 | 5 M | 26 | 5 | 5 St Albans Striders | 120 | 5 Watford Harriers | 34 | 25 | 9 | | | |
| M15 | 42 | 6 | 1257 Adam Wood | 15:41 D1 | Watford Harriers | M15 | 6 M | 25 | 6 | 6 Wycombe Phoenix | 68 | 6 Redway Runners | 29 | 18 | 5 | 4 | 2 | |
| M15 | 44 | 7 | 756 Euan Supple | 15:48 D1 | Bedford and County AC | M15 | 7 M | 24 | 7 | 7 Dacorum & Tring AC | 63 | 7 St Albans Striders | 29 | 29 | | | | |
| M15 | 45 | 8 | 763 Ayman Siad | 15:50 D1 | Bedford and County AC | M15 | 8 M | 23 | 8 | 8 Redway Runners | 61 | 8 Leighton Buzzard AC | 22 | 19 | 3 | | | |
| M15 | 46 | 9 | 1149 Alastair Walls | 15:50 D1 | Vale of Aylesbury AC | M15 | 9 M | 22 | 9 | 9 Leighton Buzzard AC | 47 | 9 Dacorum & Tring AC | 13 | 13 | | | | |
| M15 | 47 | 10 | 1146 Woody Day | 15:51 D1 | Vale of Aylesbury AC | M15 | 10 M | 21 | 10 | 10 Watford Harriers | 34 | 10 Wycombe Phoenix | 11 | 11 | | | | |
| M15 | 51 | 11 | 754 Ethan Cairns | 15:58 D1 | Bedford and County AC | M15 | 11 M | 20 | 11 | 11 MK Distance Project | 1 | 11 Gade Valley Harriers | | | | | | |
| M15 | 52 | 12 | 1348 Oscar Butlin | 16:01 D1 | Leighton Buzzard AC | M15 | 12 M | 19 | 12 | 12 Gade Valley Harriers | | 12 MK Distance Project | | | | | | |
| M15 | 54 | 13 | 511 Harley Mackenzie | 16:03 D1 | Redway Runners | M15 | 13 M | 18 | 13 | 13 Queens Park Harriers | | 13 Queens Park Harriers | | | | | | |
| M15 | 55 | 14 | 291 Ethan Fowler | 16:03 D1 | Marshall Milton Keynes AC | M15 | 14 M | 17 | 14 | 14 Tring Running Club | | 14 Tring Running Club | | | | | | |
| M15 | 58 | 15 | 65 Sammy Bennetts | 16:19 D1 | Chiltern Harriers | M15 | 15 M | 16 | 15 | | | | | | | | | |
| M15 | 60 | 16 | 284 Joshua Edwards | 16:25 D1 | Marshall Milton Keynes AC | M15 | 16 M | 15 | 16 | | | | | | | | | |
| M15 | 61 | 17 | 757 James Taylor | 16:29 D1 | Bedford and County AC | M15 | 17 M | 14 | 17 | | | | | | | | | |

| | | | | | | | | | | | |
|-----|-----|----|------|---------------------|----------|---------------------------|-----|------|----|-------------------------|-------------------------|
| M13 | 31 | 11 | 749 | Austin Cole | 11:23 D1 | Bedford and County AC | M13 | 11 M | 40 | 11 Dacorum & Tring AC | 11 Dacorum & Tring AC |
| M13 | 34 | 12 | 269 | Jack Lennox | 11:27 D1 | Marshall Milton Keynes AC | M13 | 12 M | 39 | 12 Gade Valley Harriers | 12 Gade Valley Harriers |
| M13 | 36 | 11 | 752 | Olivier Wilton | 11:30 D1 | Bedford and County AC | M13 | 10 M | 38 | 13 Queens Park Harriers | 13 Queens Park Harriers |
| M13 | 37 | 14 | 1275 | Max Fergie | 11:32 D1 | Watford Harriers | M13 | 14 M | 37 | 14 Tring Running Club | 14 Tring Running Club |
| M13 | 38 | 15 | 259 | Elias Skarup | 11:32 D1 | Marshall Milton Keynes AC | M13 | 15 M | 36 | | |
| M13 | 39 | 16 | 261 | James Stallwood | 11:33 D1 | Marshall Milton Keynes AC | M13 | 16 M | 35 | | |
| M13 | 40 | 17 | 47 | Frazer Peterson | 11:37 D1 | Chiltern Harriers | M13 | 17 M | 34 | | |
| M13 | 41 | 18 | 1235 | James Ingham | 11:38 D1 | Watford Harriers | M13 | 18 M | 33 | | |
| M13 | 44 | 19 | 268 | Reece Perkins | 11:40 D1 | Marshall Milton Keynes AC | M13 | 19 M | 32 | | |
| M13 | 45 | 20 | 42 | George Fotherby | 11:44 D1 | Chiltern Harriers | M13 | 20 M | 31 | | |
| M13 | 51 | 21 | 1343 | J Harrison | 11:48 D1 | Leighton Buzzard AC | M13 | 21 M | 30 | | |
| M13 | 54 | 22 | 1134 | Jude Hudson | 11:53 D1 | Vale of Aylesbury AC | M13 | 22 M | 29 | | |
| M13 | 55 | 23 | 777 | Cameron Barnes | 11:57 D1 | Bedford and County AC | M13 | 23 M | 28 | | |
| M13 | 56 | 24 | 642 | James Dobbin | 11:57 D1 | St Albans Striders | M13 | 24 M | 27 | | |
| M13 | 57 | 25 | 44 | Freddie Emery | 12:00 D1 | Chiltern Harriers | M13 | 25 M | 26 | | |
| M13 | 61 | 26 | 38 | Danny Caruthers | 12:03 D1 | Chiltern Harriers | M13 | 26 M | 25 | | |
| M13 | 65 | 27 | 1135 | Freddie MacKintosh | 12:16 D1 | Vale of Aylesbury AC | M13 | 27 M | 24 | | |
| M13 | 68 | 28 | 525 | Toby Sapwell | 12:20 D1 | Redway Runners | M13 | 28 M | 23 | | |
| M13 | 69 | 29 | 1670 | Stanley Baker-Smith | 12:20 D1 | MK Distance Project | M13 | 29 M | 22 | | |
| M13 | 70 | 30 | 45 | Issa Phillips-Pope | 12:20 D1 | Chiltern Harriers | M13 | 30 M | 21 | | |
| M13 | 71 | 31 | 670 | Benjamin McClements | 12:21 D1 | St Albans Striders | M13 | 31 M | 20 | | |
| M13 | 73 | 32 | 263 | Alex Granfelt | 12:22 D1 | Marshall Milton Keynes AC | M13 | 32 M | 19 | | |
| M13 | 76 | 33 | 257 | Jack Irwin | 12:31 D1 | Marshall Milton Keynes AC | M13 | 33 M | 18 | | |
| M13 | 79 | 34 | 1188 | Stanley Horner | 12:35 D1 | Vale of Aylesbury AC | M13 | 34 M | 17 | | |
| M13 | 80 | 35 | 1233 | Jenan Craggs | 12:36 D1 | Watford Harriers | M13 | 35 M | 16 | | |
| M13 | 81 | 36 | 513 | Max O'Neill | 12:38 D1 | Redway Runners | M13 | 36 M | 15 | | |
| M13 | 82 | 37 | 112 | Sam Hart | 12:43 D1 | Vale of Aylesbury AC | M13 | 37 M | 14 | | |
| M13 | 86 | 38 | 644 | Joshua Banfield | 12:57 D1 | St Albans Striders | M13 | 38 M | 13 | | |
| M13 | 87 | 39 | 751 | Daniel Smith | 13:01 D1 | Bedford and County AC | M13 | 39 M | 12 | | |
| M13 | 91 | 40 | 1234 | Alex Green | 13:25 D1 | Watford Harriers | M13 | 40 M | 11 | | |
| M13 | 92 | 41 | 262 | Jaigie Jobodu | 13:27 D1 | Marshall Milton Keynes AC | M13 | 41 M | 10 | | |
| M13 | 93 | 42 | 898 | Rufus Parry | 13:39 D1 | Wycombe Phoenix | M13 | 42 M | 9 | | |
| M13 | 95 | 43 | 643 | Vincent Ross | 13:41 D1 | St Albans Striders | M13 | 43 M | 8 | | |
| M13 | 96 | 44 | 669 | Samuel Newcombe | 13:57 D1 | St Albans Striders | M13 | 44 M | 7 | | |
| M13 | 97 | 45 | 875 | Daniel Cogan | 14:00 D1 | Wycombe Phoenix | M13 | 45 M | 6 | | |
| M13 | 98 | 46 | 1360 | Archie Wright | 14:00 D1 | Leighton Buzzard AC | M13 | 46 M | 5 | | |
| M13 | 99 | 47 | 1342 | Ash Carter | 14:04 D1 | Leighton Buzzard AC | M13 | 47 M | 4 | | |
| M13 | 100 | 48 | 1240 | Jonah Peris | 14:32 D1 | Watford Harriers | M13 | 48 M | 3 | | |
| M13 | 101 | 49 | 9240 | Logan McMurray | 14:57 D1 | Wycombe Phoenix | M13 | 49 M | 2 | | |
| M13 | 102 | 50 | 1369 | Will Heavens | 15:14 D1 | Leighton Buzzard AC | M13 | 50 M | 1 | | |

Senior Women

| Race | Mob | D1 | No. | Senior Women | Time | Div | Club | Cat | Pos | M/F | Pts | Seniors overall after 2 matches | Senior Women Team | Total | 1 | 2 | 3 | 4 | 5 | 6 |
|------|-----|----|------|---------------------|----------|---------------------------|------|------|-----|-----|------|---------------------------------|-------------------|----------|----------|----------|----------|-----|-----|---|
| FS | 6 | 1 | 4237 | Dani Chattenton | 20:42 D1 | MK Distance Project | FS | 1 F | 190 | 1 | 1773 | 1 Wycombe Phoenix | 1026 | 190 | 188 | 187 | 179 | 163 | 119 | |
| FS | 21 | 2 | 906 | Melanie Wilkins | 21:32 D1 | Wycombe Phoenix | FS | 2 F | 189 | 2 | 1665 | 2 Chiltern Harriers | 1017 | 189 | 186 | 185 | 174 | 157 | 126 | |
| FS | 24 | 3 | 4230 | Charlie Arnell | 21:45 D1 | MK Distance Project | FS | 3 F | 188 | 3 | 1553 | 3 Dacorum & Tring AC | 979 | 177 | 172 | 168 | 167 | 153 | 147 | |
| FS | 27 | 4 | 1664 | Claudia Kelsall | 21:53 D1 | MK Distance Project | FS | 4 F | 187 | 4 | 1528 | 4 Marshall Milton Keynes AC | 966 | 184 | 183 | 182 | 167 | 128 | 122 | |
| FS | 33 | 5 | 902 | Zoe Doyle | 22:15 D1 | Wycombe Phoenix | F35 | 1 F | 186 | 5 | 1416 | 5 Leighton Buzzard AC | 937 | 181 | 176 | 166 | 161 | 139 | 114 | |
| FS | 34 | 6 | 903 | Alexandra Cook | 22:17 D1 | Wycombe Phoenix | F35 | 2 F | 185 | 6 | 1376 | 6 Bedford and County AC | 873 | 175 | 173 | 170 | 145 | 129 | 81 | |
| FS | 35 | 7 | 326 | Ellie Roche | 22:18 D1 | Marshall Milton Keynes AC | FS | 5 F | 184 | 7 | 1343 | 7 Redway Runners | 860 | 171 | 152 | 151 | 146 | 123 | 117 | |
| FS | 42 | 8 | 4236 | Lara Bromilow | 22:52 D1 | Marshall Milton Keynes AC | F35 | 3 F | 183 | 8 | 1331 | 8 Redway Runners | 812 | 148 | 137 | 135 | 134 | 133 | 125 | |
| FS | 45 | 9 | 327 | Alice Ritchie | 22:58 D1 | Marshall Milton Keynes AC | FS | 6 F | 182 | 9 | 1329 | 9 Vale of Aylesbury AC | 796 | 180 | 169 | 149 | 141 | 88 | 69 | |
| FS | 50 | 10 | 1023 | Claire Hallisey | 23:17 D1 | Dacorum & Tring AC | F35 | 4 F | 181 | 10 | 1272 | 10 MK Distance Project | 791 | 178 | 156 | 150 | 143 | 120 | 44 | |
| FS | 51 | 11 | 1183 | Alice Wright | 23:18 D1 | Vale of Aylesbury AC | FS | 7 F | 180 | 11 | 1268 | 11 Watford Harriers | 789 | 165 | 164 | 160 | 121 | 106 | 73 | |
| FS | 52 | 12 | 1660 | Cecilie Anderson | 23:21 D1 | MK Distance Project | FS | 8 F | 179 | 12 | 1253 | 12 Gade Valley Harriers | 788 | 158 | 154 | 130 | 118 | 116 | 112 | |
| FS | 53 | 13 | 1422 | Jo Sharples | 23:28 D1 | Leighton Buzzard AC | FS | 9 F | 178 | 13 | 1238 | 13 St Albans Striders | 786 | 144 | 142 | 136 | 132 | 124 | 108 | |
| FS | 54 | 14 | 187 | Bex Nkoane | 23:33 D1 | Chiltern Harriers | F45 | 1 F | 177 | 14 | 1203 | 14 St Albans Striders | 742 | 159 | 155 | 140 | 97 | 96 | 95 | |
| FS | 55 | 15 | 1030 | Samantha Fawcett | 23:33 D1 | Dacorum & Tring AC | F35 | 5 F | 176 | | | Veteran Women Team | Total | 1 | 2 | 3 | 4 | | | |
| FS | 57 | 16 | 791 | Sue Bosher | 23:37 D1 | Bedford and County AC | F35 | 6 F | 175 | 1 | 1178 | 1 Wycombe Phoenix | 671 | 186 | 185 | 174 | 126 | | | |
| FS | 58 | 17 | 904 | Laura Street | 23:43 D1 | Wycombe Phoenix | F35 | 7 F | 174 | 2 | 1083 | 2 Dacorum & Tring AC | 657 | 181 | 176 | 161 | 139 | | | |
| FS | 62 | 18 | 779 | Josie Smith | 23:58 D1 | Bedford and County AC | FS | 10 F | 173 | 3 | 1064 | 3 Chiltern Harriers | 639 | 177 | 162 | 153 | 147 | | | |
| FS | 63 | 19 | 200 | Ellie Bates | 23:58 D1 | Chiltern Harriers | FS | 11 F | 172 | 4 | 929 | 4 Queens Park Harriers | 562 | 165 | 164 | 160 | 73 | | | |
| FS | 66 | 20 | 1340 | Claire Bentley | 24:04 D1 | Watford Harriers | FS | 12 F | 171 | 5 | 857 | 5 Watford Harriers | 542 | 144 | 142 | 132 | 124 | | | |
| FS | 68 | 21 | 789 | Ellie Still | 24:12 D1 | Bedford and County AC | FS | 13 F | 170 | 6 | 854 | 6 Marshall Milton Keynes AC | 537 | 183 | 128 | 122 | 104 | | | |
| FS | 71 | 22 | 379 | Leanne Slasson | 24:27 D1 | Vale of Aylesbury AC | FS | 14 F | 169 | 7 | 809 | 7 Redway Runners | 512 | 148 | 135 | 125 | 113 | | | |
| FS | 72 | 23 | 623 | Hannah Wardley | 24:32 D1 | Chiltern Harriers | FS | 15 F | 168 | 8 | 833 | 8 Gade Valley Harriers | 491 | 158 | 112 | 111 | 110 | | | |
| FS | 75 | 24 | 355 | Abby Roskilly | 24:38 D1 | Marshall Milton Keynes AC | FS | 16 F | 167 | 9 | 764 | 9 Marshall Milton Keynes AC | 488 | 155 | 140 | 97 | 96 | | | |
| FS | 76 | 25 | 1046 | Katy Warren | 24:43 D1 | Dacorum & Tring AC | FS | 17 F | 166 | 10 | 721 | 10 Leighton Buzzard AC | 476 | 175 | 145 | 81 | 75 | | | |
| FS | 77 | 26 | 1525 | Michelle Maddick | 24:44 D1 | Queens Park Harriers | F35 | 8 F | 165 | 11 | 719 | 11 Bedford and County AC | 447 | 149 | 141 | 88 | 69 | | | |
| FS | 79 | 27 | 1549 | Karima Harris | 24:54 D1 | Queens Park Harriers | F45 | 2 F | 164 | 12 | 683 | 12 Watford Harriers | 420 | 152 | 146 | 67 | 55 | | | |
| FS | 82 | 28 | 1687 | Anna Kofeod-Gregory | 25:06 D1 | MK Distance Project | FS | 18 F | 163 | 13 | 560 | 13 Watford Harriers | 374 | 150 | 143 | 44 | 37 | | | |
| FS | 88 | 29 | 183 | Sarah Quantrell | 25:34 D1 | Chiltern Harriers | F35 | 9 F | 162 | 14 | 500 | 14 MK Distance Project | 70 | 70 | | | | | | |
| FS | 89 | 30 | 1021 | Kerry Ardley | 25:35 D1 | Dacorum & Tring AC | F35 | 10 F | 161 | | | | | | | | | | | |
| FS | 93 | 31 | 1545 | Sophie Barnard | 25:47 D1 | Queens Park Harriers | F45 | 3 F | 160 | | | | | | | | | | | |
| FS | 96 | 32 | 603 | Megan Steer | 25:51 D1 | St Albans Striders | FS | 19 F | 159 | | | | | | | | | | | |
| FS | 97 | 33 | 1507 | Teresa Reason | 25:51 D1 | Gade Valley Harriers | F45 | 4 F | 158 | | | | | | | | | | | |
| FS | 99 | 34 | 942 | Melanie Phair | 25:57 D1 | Wycombe Phoenix | FS | 20 F | 157 | | | | | | | | | | | |
| FS | 102 | 35 | 1420 | Amy Farrington | 26:01 D1 | Leighton Buzzard AC | FS | 21 F | 156 | | | | | | | | | | | |
| FS | 103 | 36 | 623 | Wendy Walsh | 26:01 D1 | St Albans Striders | F45 | 5 F | 155 | | | | | | | | | | | |
| FS | 104 | 37 | 1491 | Kathleen Smith | 26:01 D1 | Gade Valley Harriers | FS | 22 F | 154 | | | | | | | | | | | |
| FS | 106 | 38 | 173 | Sandra Reynolds | 26:04 D1 | Chiltern Harriers | F45 | 6 F | 153 | | | | | | | | | | | |
| FS | 107 | 39 | 1337 | Angela Adcock | 26:05 D1 | Watford Harriers | F35 | 11 F | 152 | | | | | | | | | | | |
| FS | 109 | 40 | 1338 | Samihah Panju | 26:06 D1 | Watford Harriers | FS | 23 F | 151 | | | | | | | | | | | |
| FS | 111 | 41 | 1424 | Amy Inchley | 26:08 D1 | Leighton Buzzard AC | F35 | 12 F | 150 | | | | | | | | | | | |
| FS | 112 | 42 | 1114 | Debbie Channer | 26:09 D1 | Vale of Aylesbury AC | F45 | 7 F | 149 | | | | | | | | | | | |
| FS | 114 | 43 | 476 | Abi Gooch | 26:15 D1 | Redway Runners | F35 | 13 F | 148 | | | | | | | | | | | |
| FS | 115 | 44 | 168 | Sue Elliot | 26:19 D1 | Chiltern Harriers | F45 | 8 F | 147 | | | | | | | | | | | |
| FS | 117 | 45 | 1333 | Helen Johal | 26:21 D1 | Watford Harriers | F45 | 9 F | 146 | | | | | | | | | | | |
| FS | 119 | 46 | 790 | Becky Slaymaker | 26:38 D1 | Bedford and County AC | F35 | 14 F | 145 | | | | | | | | | | | |
| FS | 120 | 47 | 1625 | Lynda Heslop | 26:41 D1 | Tring Running Club | F55 | 1 F | 144 | | | | | | | | | | | |
| FS | 121 | 48 | 1423 | Katie Haylock | 26:45 D1 | Leighton Buzzard AC | F35 | 15 F | 143 | | | | | | | | | | | |
| FS | 127 | 49 | 1632 | Harriet Knight | 26:53 D1 | Tring Running Club | F35 | 16 F | 142 | | | | | | | | | | | |
| FS | 128 | 50 | 1113 | Rosanna Iannone | 26:55 D1 | Vale of Aylesbury AC | F35 | 17 F | 141 | | | | | | | | | | | |
| FS | 129 | 51 | 619 | Zoe Lowe | 26:58 D1 | St Albans Striders | F45 | 10 F | 140 | | | | | | | | | | | |
| FS | 130 | 52 | 1029 | Becky Fawcett | 27:00 D1 | Dacorum & Tring AC | F35 | 18 F | 139 | | | | | | | | | | | |
| FS | 131 | 53 | 194 | Christine Burroughs | 27:02 D1 | Chiltern Harriers | F45 | 11 F | 138 | | | | | | | | | | | |
| FS | 132 | 54 | 402 | Katie Tucker | 27:05 D1 | Redway Runners | FS | 24 F | 137 | | | | | | | | | | | |
| FS | 137 | 55 | 1594 | Kathryn Sizer | 27:15 D1 | Tring Running Club | FS | 25 F | 136 | | | | | | | | | | | |

