

| Place | Bib | Name | Team name | Team name 2 |
|-------|-----|------|-----------|-------------|
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5k Results

| | | | | | |
|----|-----|--------------------------|--|---------------------|-----------|
| 1 | 170 | Tim Dowling | | | 0:18:37.9 |
| 2 | 132 | Sergey Chernobrivenko | | | 0:19:10.1 |
| 3 | 131 | Aaron Black | | | 0:19:39.6 |
| 4 | 139 | Matthew Prescott | | | 0:19:59.5 |
| 5 | 136 | Julie Moore | | Cambridge Harriers | 0:20:23.3 |
| 6 | 137 | David Poland | | DWO | 0:23:17.3 |
| 7 | 134 | Martin Hedderman | | DWO | 0:23:28.5 |
| 8 | 155 | Mark Milson | | | 0:24:57.2 |
| 9 | 166 | Brian Downton | | | 0:25:29.7 |
| 10 | 135 | Louise Johnson | | | 0:26:12.2 |
| 11 | 138 | Adam Piper | | | 0:26:16.0 |
| 12 | 169 | Natalie Scott | | | 0:28:13.5 |
| 13 | 129 | Michael Andrew | | DWO | 0:28:41.6 |
| 14 | 167 | Simon Fitzpatrick | | DWO | 0:30:55.9 |
| 15 | 130 | Alvaro Barbera Fernandez | | Dolomitic | 0:31:22.5 |
| 16 | 140 | Colin Stannard | | Bridgetriathlon | 0:32:56.1 |
| 17 | 128 | Sarah Allport | | Striders of Croydon | 0:34:54.0 |

10k Results

| | | | | | |
|----|-----|-------------------|---------------------------|--|-----------|
| 17 | 142 | Tom Anderson | Blackwater Triathlon Club | | 0:39:07.8 |
| 18 | 158 | Simon Parrin | medway runners wolfpack | | 0:41:25.0 |
| 19 | 149 | Neil Feakins | Team Oxygen Addict | | 0:41:54.1 |
| 20 | 146 | Ryan Cox | Staplehurst Running Club | | 0:43:48.7 |
| 21 | 141 | Stephen Allport | Striders of Croydon | | 0:44:06.4 |
| 22 | 148 | Geoffrey Dickson | RunThrough | | 0:44:53.4 |
| 23 | 144 | Steven Birtwistle | | | 0:45:01.6 |
| 24 | 143 | Rose Baker | Cambridge Harriers | | 0:45:40.1 |
| 25 | 154 | Claire Mckenny | | | 0:45:48.6 |

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|----|-----|---------------------|------------------------|-----------|
| 26 | 162 | John Walker | Havering Tri | 0:47:49.5 |
| 27 | 161 | Jenni Tomblin | Greenwich Tritons | 0:49:33.1 |
| 28 | 152 | Simon Hobson | orpington road runners | 0:51:30.8 |
| 29 | 156 | Nicky Mooney | Dartford road runners | 0:53:04.1 |
| 30 | 164 | Kevin Webb | Lonely Goat RC | 0:55:22.3 |
| 31 | 157 | Darren Moss | Dartford road runners | 0:56:24.6 |
| 32 | 172 | Tony Edwards | | 0:57:12.6 |
| 33 | 159 | Moneil Patel | Central Park Athletics | 0:59:08.2 |
| 34 | 145 | Dejana Catena | | 1:02:07.7 |
| 35 | 151 | Alex Griffith Crowe | Danson Runner's | 1:10:00.9 |
| 36 | 150 | Heena Gamin | | 1:10:10.8 |