

| Place | Time | Name | Number | Club | Category |
|-------|----------|----------------------|--------|------------------------------------|---------------|
| 1 | 00:33:05 | Paul Martelletti | 216 | Victoria Park Harriers | Male Senior |
| 2 | 00:35:47 | Clayton Barrett | 160 | Larkfield AC | Male Senior |
| 3 | 00:36:30 | Tony Tuohy | 186 | Dulwich Runners | Male O40 |
| 4 | 00:37:23 | Stephen Starvis | 122 | Striders of Croydon | Male O40 |
| 5 | 00:37:39 | David Hollidge | 129 | Unattached | Male Senior |
| 6 | 00:38:12 | Simon Wilson | 102 | Southend | Male Senior |
| 7 | 00:38:36 | Rory Sullivan | 116 | Unattached | Male O40 |
| 8 | 00:38:44 | Tony Crowder | 135 | Blackheath & Bromley | Male O40 |
| 9 | 00:38:46 | Clare Elms | 208 | Dulwich Runners | Female O45 |
| 10 | 00:39:33 | Mark Brown | 127 | Unattached | Male O40 |
| 11 | 00:39:55 | Joel Hodges | 187 | Blackheath and Bromley Harriers AC | Male Senior |
| 12 | 00:40:24 | Tom Wilson | 68 | Unattached | Male Senior |
| 13 | 00:40:27 | Colin Bailey-Wood | 125 | Dulwich Runners | Male O50 |
| 14 | 00:40:35 | Liam Redmond | 150 | Striders of Croydon | Male Senior |
| 15 | 00:40:39 | Michael Fullilove | 194 | Dulwich Runners | Male O50 |
| 16 | 00:40:41 | Len Crowder | 132 | Blackheath & Bromley | Male O40 |
| 17 | 00:40:55 | Des Connolly | 50 | Ravens school runners | Male O40 |
| 18 | 00:41:05 | Michael Laws | 5 | Unattached | Male Senior |
| 19 | 00:41:08 | Francesca Green | 153 | Blackheath & Bromley | Female Senior |
| 20 | 00:41:14 | Ben Thomas | 171 | Unattached | Male Senior |
| 21 | 00:41:17 | Chris Morton | 200 | Striders of Croydon | Male O40 |
| 22 | 00:41:24 | Carole Penlington | 157 | Unattached | Female O35 |
| 23 | 00:41:45 | Philip Feldman | 59 | Crystal Palace Triathletes | Male Senior |
| 24 | 00:41:58 | Ola Balme | 209 | Dulwich Runners | Female O45 |
| 25 | 00:42:04 | John Buchanan | 142 | Crystal Palace Triathletes | Male Senior |
| 26 | 00:42:12 | Loic Dumas | 165 | Mornington Chasers | Male Senior |
| 27 | 00:42:17 | Arnau Martinez | 80 | Unattached | Male Senior |
| 28 | 00:42:21 | Toby James | 44 | Unattached | Male O40 |
| 29 | 00:42:22 | James Cameron-Cooper | 107 | Unattached | Male O40 |
| 30 | 00:42:30 | Ben Hunt | 89 | Unattached | Male Senior |
| 31 | 00:42:40 | Andrew Donaldson | 174 | Unattached | Male Senior |
| 32 | 00:43:04 | Nolan Wilkens | 213 | Beckenham | Male Senior |
| 33 | 00:43:07 | Heinrich Helberg | 155 | Unattached | Male Senior |
| 34 | 00:43:15 | Mark Booth | 121 | Unattached | Male O40 |
| 35 | 00:43:21 | William Murray | 105 | Lincoln University Running Club | Male Senior |
| 36 | 00:43:22 | Joseph Brady | 188 | Dulwich Runners | Male O40 |
| 37 | 00:43:22 | Gary Vaughan | 173 | Petts Wood Runners | Male Senior |
| 38 | 00:43:23 | Cath Stibbs | 33 | Kent AC | Female O35 |
| 39 | 00:43:44 | Rachel Bentley | 69 | Clapham Chasers | Female O35 |
| 40 | 00:43:55 | Lee Hardie | 141 | Unattached | Male Senior |
| 41 | 00:44:09 | Che Compton | 66 | Unattached | Male Senior |
| 42 | 00:44:14 | Pete Cornish | 114 | Unattached | Male O40 |
| 43 | 00:44:32 | David Hole | 25 | Unattached | Male O40 |
| 44 | 00:44:37 | Pierre Cruse | 72 | Unattached | Male Senior |
| 45 | 00:44:40 | Emanuelle Vignoli | 207 | Crystal Palace Triathletes | Male O40 |
| 46 | 00:44:45 | Adam Shahin | 15 | Crystal Palace Fun Runners | Male Senior |
| 47 | 00:44:57 | Marcus Elwes | 93 | Unattached | Male O40 |
| 48 | 00:45:40 | Jon Cullen | 118 | Unattached | Male Senior |



| Place | Time | Name | Number | Club | Category |
|-------|----------|---------------------|--------|----------------------------|---------------|
| 49 | 00:46:15 | lan Galbraith | 92 | Unattached | Male Senior |
| 50 | 00:46:16 | James Acheson | 190 | Crystal Palace | Male Senior |
| 51 | 00:46:23 | Angela Oritsejafor | 97 | Dulwich Runners | Female O45 |
| 52 | 00:46:29 | Graham Laylee | 162 | Dulwich Runners | Male O50 |
| 53 | 00:46:33 | Daniel Witt | 185 | Sevenoaks AC | Male Senior |
| 54 | 00:46:37 | Rod Harrington | 175 | Croydon Harriers | Female O45 |
| 55 | 00:46:46 | Andy Eddleston | 62 | Crystal Palace Triathletes | Male O40 |
| 56 | 00:46:49 | Austin Adams | 138 | Blackheath & Bromley | Male O40 |
| 57 | 00:46:50 | Chris Moore | 108 | Unattached | Male Senior |
| 58 | 00:46:55 | Douglas Mcarthur | 193 | Unattached | Male Senior |
| 59 | 00:46:57 | Richard Hefferan | 42 | Unattached | Male Senior |
| 60 | 00:47:04 | Steve Barker | 148 | Unattached | Male O40 |
| 61 | 00:47:07 | Sam Moore | 49 | Unattached | Male Senior |
| 62 | 00:47:08 | Santiago Alcaraz | 48 | Unattached | Male Senior |
| 63 | 00:47:33 | Kuhan Valleekanthan | 55 | Unattached | Male Senior |
| 64 | 00:47:45 | Cyril Dixon | 120 | Unattached | Male O40 |
| 65 | 00:47:48 | Ray Sievey | 168 | Petts Wood Runners | Male Senior |
| 66 | 00:47:55 | Kit Yarker | 217 | Unattached | Male Senior |
| 67 | 00:48:00 | Kirsty Merritt | 81 | Blackheath & Bromley | Female Senior |
| 68 | 00:48:01 | Paul Alderson | 17 | Unattached | Male O40 |
| 69 | 00:48:15 | Anthony Chandler | 90 | Unattached | Male O40 |
| 70 | 00:48:18 | Matthew Truran | 47 | Unattached | Male O40 |
| 71 | 00:48:22 | Francoise De Smet | 39 | Belgrave Harriers | Female Senior |
| 72 | 00:48:23 | James Pippard | 7 | Unattached | Male O40 |
| 73 | 00:48:44 | Sheila Wilson | 182 | Unattached | Female O45 |
| 74 | 00:48:49 | Claire Steward | 214 | Dulwich Runners | Female O55 |
| 75 | 00:48:52 | Ben Clayson | 199 | Petts Wood Runners | Male O40 |
| 76 | 00:48:56 | Matt Warburton | 177 | Unattached | Male Senior |
| 77 | 00:49:18 | Hunter Stivens | 110 | Unattached | Male Senior |
| 78 | 00:49:31 | Joanna Dickinson | 111 | Unattached | Female Senior |
| 79 | 00:49:39 | Martin Rowling | 29 | Orpington Road Runners | Male O50 |
| 80 | 00:49:57 | Veronique Forbes | 197 | Unattached | Female O35 |
| 81 | 00:49:57 | D Brand | 202 | Sevenoaks Seven Runners | Male O40 |
| 82 | 00:50:08 | James Allingham | 159 | Unattached | Male Senior |
| 83 | 00:50:09 | Stuart Dayman | 94 | Unattached | Male O40 |
| 84 | 00:50:14 | Simon Lewis | 45 | Unattached | Male Senior |
| 85 | 00:50:21 | James Broomfield | 9 | Unattached | Male Senior |
| 86 | 00:50:28 | Antonio Torri | 130 | Unattached | Male O40 |
| 87 | 00:50:32 | 'P.J.' Bowyer-Jones | 149 | Larkfield AC | Female O55 |
| 88 | 00:50:34 | Carl Barthram | 195 | Unattached | Male Senior |
| 89 | 00:50:37 | Daniel Barron | 63 | Unattached | Male Senior |
| 90 | 00:50:38 | Ben Needham | 65 | Unattached | Male Senior |
| 91 | 00:50:41 | Sabri Bertug | 203 | Stragglers | Male Senior |
| 92 | 00:51:01 | James Morris | 154 | Blackheath & Bromley | Male Senior |
| 93 | 00:51:12 | lan Bleasdale | 46 | Unattached | Male O40 |
| 94 | 00:51:21 | Alex Swain | 134 | Unattached | Male Senior |
| 95 | 00:51:29 | Alastair Smith | 41 | Unattached | Male Senior |
| 96 | 00:51:49 | Jeremy Lee | 152 | Unattached | Male Senior |



| Place | Time | Name | Number | Club | Category |
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| 97 | 00:51:51 | Ros Turgut | 87 | Orpington Road Runners | Female O45 |
| 98 | 00:51:57 | Hannah Webb | 181 | Unattached | Female Senior |
| 99 | 00:52:01 | Sian Vaughan | 172 | Petts Wood Runners | Female O35 |
| 100 | 00:52:08 | Sophie Nicholls | 78 | Unattached | Female Senior |
| 101 | 00:52:09 | Vincent Harris | 79 | Unattached | Male Senior |
| 102 | 00:52:09 | Dennis Williams | 205 | Hercules Wimbledon | Male O60 |
| 103 | 00:52:18 | Michael Sharp | 166 | Unattached | Male Senior |
| 104 | 00:52:25 | David Grannell | 112 | Unattached | Male O40 |
| 105 | 00:52:27 | Warwick Farrer | 115 | Unattached | Male Senior |
| 106 | 00:52:32 | Charles Watkinson | 156 | Unattached | Male Senior |
| 107 | 00:52:37 | Jennifer Cobb | 178 | Unattached | Female O35 |
| 108 | 00:52:44 | Andy Howard | 85 | Unattached | Male Senior |
| 109 | 00:52:59 | Terry Myatt | 95 | Unattached | Male Senior |
| 110 | 00:53:00 | Andrea Stark | 11 | Unattached | Female O35 |
| 111 | 00:53:09 | Jack Hind | 86 | Unattached | Male O40 |
| 112 | 00:53:14 | Glynn Tully | 201 | Crystal Palace Triathletes | Male O40 |
| 113 | 00:53:17 | Kevin Abel | 30 | Orpington Road Runners | Male Senior |
| 114 | 00:53:21 | Amanda Maskell | 83 | Unattached | Female O45 |
| 115 | 00:53:28 | Clare Saunders | 147 | Larkfield AC | Female O45 |
| 116 | 00:53:31 | Happy Fisher | 74 | Sevenoaks AC | Female O35 |
| 117 | 00:53:49 | Lyn Davies | 170 | Unattached | Female O45 |
| 118 | 00:53:53 | Matthew Fell | 1 | Clapham Chasers | Male Senior |
| 119 | 00:53:57 | Dave Walters | 54 | Unattached | Male O50 |
| 120 | 00:54:03 | Paul Stanley | 131 | Unattached | Male O40 |
| 121 | 00:54:25 | Michael Robson | 57 | Unattached | Male Senior |
| 122 | 00:54:34 | Matt Dickinson | 103 | Unattached | Male Senior |
| 123 | 00:54:35 | Rachel Vignoli | 206 | Crystal Palace Triathletes | Female O35 |
| 124 | 00:54:40 | Thomas Grimshaw | 218 | Crawley AC | Male Senior |
| 125 | 00:54:41 | Jill Easty | 161 | Unattached | Female O45 |
| 126 | 00:55:00 | Anne Molyneux | 167 | Unattached | Female O45 |
| 127 | 00:55:09 | Jonathan Lee | 146 | Unattached | Male O40 |
| 128 | 00:55:21 | Michael Highmore | 204 | Unattached | Male O40 |
| 129 | 00:55:21 | Alison Macowan | 88 | Petts Wood Runners | Female O35 |
| 130 | 00:55:25 | S Cole | 136 | Unattached | Female O35 |
| 131 | 00:55:26 | Melanie High | 28 | Unattached | Female Senior |
| 132 | 00:55:32 | Moy Mcgowan | 91 | Petts Wood Runners | Female O45 |
| 133 | 00:55:42 | Jonathan Everson | 176 | Unattached | Male Senior |
| 134 | 00:55:53 | Barry Hall | 32 | Unattached | Male O40 |
| 135 | 00:56:00 | Helen Smith | 158 | Unattached | Female Senior |
| 136 | 00:56:06 | Kevin Waller | 137 | Striders of Croydon | Male O50 |
| 137 | 00:56:06 | Nicholas Merritt | 82 | Blackheath & Bromley | Male Senior |
| 138 | 00:56:39 | Vanessa Bywater | 180 | Unattached | Female O35 |
| 139 | 00:56:57 | Sharon De Torres | 12 | Unattached | Female O35 |
| 140 | 00:57:22 | Deanna Ozal | 133 | Unattached | Female Senior |
| 141 | 00:57:43 | Lou Woodham | 34 | Petts Wood Runners | Female Senior |
| 142 | 00:57:44 | Jim Palmer | 35 | Petts Wood Runners | Male Senior |
| 143 | 00:57:45 | John Crann | 56 | Unattached | Male O60 |
| 144 | 00:58:40 | Hans-Peter Laubis | 123 | Unattached | Male O50 |



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|-------|----------|--------------------------|--------|----------------------------|---------------|
| 145 | 00:58:42 | Adele Murrell | 109 | Petts Wood Runners | Female O35 |
| 146 | 00:58:56 | Anne-Marie Doyle | 145 | Crystal Palace Triathletes | Female O45 |
| 147 | 00:59:08 | Zoe Kingsmell | 2 | Unattached | Female O45 |
| 148 | 00:59:16 | Michael Rolfe | 143 | Unattached | Male Senior |
| 149 | 00:59:17 | David Gillan | 144 | Unattached | Male Senior |
| 150 | 00:59:21 | Stephen Briley | 191 | Unattached | Male O40 |
| 151 | 00:59:37 | Maria Biro | 98 | Unattached | Female Senior |
| 152 | 00:59:53 | Dino Winsborrow | 99 | Unattached | Male O40 |
| 153 | 01:00:09 | Jacqueline Bohmer-Laubis | 124 | Unattached | Female O45 |
| 154 | 01:00:29 | Madeline Collymore | 52 | Unattached | Female O35 |
| 155 | 01:00:33 | Shane Russell | 21 | Unattached | Male O40 |
| 156 | 01:00:42 | Claire Walters | 53 | Unattached | Female O35 |
| 157 | 01:00:43 | Sam Mountford | 58 | Unattached | Male Senior |
| 158 | 01:00:54 | Caroline Hageman | 77 | Unattached | Female Senior |
| 159 | 01:01:35 | Rosemary Conquest | 71 | Sevenoaks AC | Female O55 |
| 160 | 01:02:04 | Amir Ghomshei | 210 | Striders of Croydon | Male Senior |
| 161 | 01:02:04 | Julie Jordan | 61 | Striders of Croydon | Female O45 |
| 162 | 01:02:05 | Paula Irving | 169 | Striders of Croydon | Female O35 |
| 163 | 01:02:30 | Bernadette Fry | 198 | Bromley Vets AC | Female O45 |
| 164 | 01:02:32 | Kish Hyde | 184 | Bromley Vets AC | Female O45 |
| 165 | 01:02:59 | Karen Connor | 75 | Striders of Croydon | Female O45 |
| 166 | 01:03:06 | Suzanne Croft | 179 | Unattached | Female Senior |
| 167 | 01:03:19 | Emma Mason | 113 | Unattached | Female O35 |
| 168 | 01:05:11 | Sherry Bevan | 100 | Petts Wood Runners | Female O45 |
| 169 | 01:05:46 | Emma Kelly | 76 | Unattached | Female O35 |
| 170 | 01:06:05 | Gemma Brittle | 27 | Unattached | Female Senior |
| 171 | 01:06:08 | Karen Greiner | 51 | Unattached | Female Senior |
| 172 | 01:07:03 | Carl Wickham-Downes | 189 | Unattached | Male O40 |
| 173 | 01:07:43 | Jenny Dalton | 215 | Unattached | Female O45 |
| 174 | 01:07:50 | Kim Le | 26 | Unattached | Female Senior |
| 175 | 01:08:45 | Helen Lockwood | 212 | Unattached | Female Senior |
| 176 | 01:08:45 | David Lockwood | 211 | Unattached | Male O50 |
| 177 | 01:09:58 | Alistair Miller | 196 | Unattached | Male O40 |
| 178 | 01:12:23 | Zoe Hayes | 140 | Unattached | Female Senior |
| 179 | 01:14:07 | Natasha Davies | 18 | Unattached | Female O35 |
| 180 | 01:14:07 | Karen Mcdonnell | 8 | Crystal Palace Fun Runners | Female O45 |
| 181 | 01:14:39 | Sarah Gibbs | 60 | Unattached | Female Senior |
| 182 | 01:18:02 | Sarah Hayes | 139 | Blackheath & Bromley | Female O45 |