

| <u>Pos.</u> | <u>Bib</u> | <u>Participant</u> | <u>Cat</u> | | | <u>GunTime</u> | <u>ChipTime</u> | <u>Pace</u> | <u>Age %</u> <u>Perf</u> |
|-------------|------------|---------------------|-------------|-------------|--|----------------|-----------------|---------------|-----------------------------|
| | | | <u>Pos.</u> | <u>Cat.</u> | <u>Club</u> | | | | |
| 1 | 433 | Will Green | 1. | MV40 | Serpentine Running Club | 0:53:10.0 | 0:53:09.4 | 05:18min/mile | 86.6% |
| 2 | 162 | David Hudson | 1. | SM | BRJ Running Club | 0:53:45.4 | 0:53:44.6 | 05:22min/mile | 82.3% |
| 3 | 149 | Steven Horton | 2. | SM | Bedford Harriers AC | 0:55:02.0 | 0:55:00.8 | 05:30min/mile | 81.0% |
| 4 | 510 | Andrew Inskip | 3. | SM | Bedford & County Athletic Club | 0:56:25.1 | 0:56:24.4 | 05:38min/mile | 78.0% |
| 5 | 217 | Michael Taylor | 4. | SM | Riverside Runners St Neots | 0:56:48.0 | 0:56:47.2 | 05:40min/mile | 77.9% |
| 6 | 461 | Glen Turner | 5. | SM | Leighton Buzzard Athletic Club | 0:57:09.5 | 0:57:08.3 | 05:42min/mile | 77.7% |
| 7 | 508 | Nick Hardy | 6. | SM | Birchfield Harriers | 0:57:22.4 | 0:57:21.6 | 05:44min/mile | 76.7% |
| 8 | 368 | Craig Halsey | 7. | SM | Fairlands Valley Spartans | 0:58:16.4 | 0:58:15.3 | 05:49min/mile | 76.9% |
| 9 | 504 | Jamie Hall | 8. | SM | Unattached | 0:58:33.6 | 0:58:32.3 | 05:51min/mile | 75.1% |
| 10 | 80 | Alistair Hadnett | 9. | SM | Unattached | 1:00:06.3 | 1:00:05.1 | 06:00min/mile | 73.7% |
| 11 | 355 | Gary Blaber | 2. | MV40 | Milton Keynes AC | 1:00:07.3 | 1:00:06.0 | 06:00min/mile | 77.2% |
| 12 | 310 | Jack Green | 10. | SM | Werrington Joggers | 1:00:19.0 | 1:00:17.7 | 06:01min/mile | 72.9% |
| 13 | 457 | John Decesare | 3. | MV40 | Amphill & Flitwick Flyers Running Club | 1:00:21.4 | 1:00:19.6 | 06:01min/mile | 80.9% |
| 14 | 439 | Jonathan Scott | 4. | MV40 | St Albans Striders | 1:00:22.1 | 1:00:19.4 | 06:01min/mile | 75.7% |
| 15 | 100 | Kirk Brawn | 5. | MV40 | Thorney Running Club | 1:00:22.5 | 1:00:20.8 | 06:02min/mile | 75.2% |
| 16 | 182 | Duncan Bush | 6. | MV40 | Riverside Runners St Neots | 1:00:23.5 | 1:00:22.5 | 06:02min/mile | 76.9% |
| 17 | 275 | Neil Shorten | 11. | SM | Riverside Runners St Neots | 1:00:44.0 | 1:00:41.6 | 06:04min/mile | 74.2% |
| 18 | 6 | Matt Lauch | 12. | SM | Yaxley Runners | 1:01:04.3 | 1:01:02.6 | 06:06min/mile | 72.0% |
| 19 | 531 | Tom Hayman | 13. | SM | Milton Keynes AC | 1:01:55.9 | 1:01:54.2 | 06:11min/mile | 71.0% |
| 20 | 488 | Rick Ebberson | 7. | MV40 | Royston Runners | 1:02:14.9 | 1:02:12.2 | 06:13min/mile | 78.4% |
| 21 | 69 | Michael Morley | 8. | MV40 | Yaxley Runners | 1:02:17.6 | 1:02:15.5 | 06:13min/mile | 72.8% |
| 22 | 390 | Barry Stratford | 14. | SM | Amphill & Flitwick Flyers Running Club | 1:02:20.1 | 1:02:15.1 | 06:13min/mile | 71.1% |
| 23 | 426 | Andrew Henderson | 1. | MV50 | Cambridge & Coleridge AC | 1:02:38.0 | 1:02:35.8 | 06:15min/mile | 80.0% |
| 24 | 230 | Andrew Palombella | 15. | SM | Bedford Harriers AC | 1:02:50.4 | 1:02:48.3 | 06:16min/mile | 71.0% |
| 25 | 127 | Paolo Basso | 9. | MV40 | Bedford Harriers AC | 1:03:19.1 | 1:03:17.1 | 06:19min/mile | 75.2% |
| 26 | 300 | Adam Hills | 16. | SM | Bedford Harriers AC | 1:03:48.4 | 1:03:40.5 | 06:22min/mile | 70.8% |
| 27 | 288 | Rebecca Mayles | 1. | FV35 | Redway Runners | 1:03:51.4 | 1:03:49.6 | 06:22min/mile | 78.7% |
| 28 | 331 | Gary Finch | 10. | MV40 | Bedford Harriers AC | 1:03:54.4 | 1:03:51.4 | 06:23min/mile | 75.8% |
| 29 | 466 | Wendy Webber | 2. | FV35 | Milton Keynes AC | 1:04:17.8 | 1:04:15.2 | 06:25min/mile | 78.5% |
| 30 | 436 | Douglas Hobson | 17. | SM | St Albans Striders | 1:04:44.2 | 1:04:41.8 | 06:28min/mile | 68.0% |
| 31 | 204 | Kevin Shelton-Smith | 2. | MV50 | Bedford Harriers AC | 1:04:50.0 | 1:04:47.5 | 06:28min/mile | 80.8% |
| 32 | 389 | Kirstie Sharman | 3. | FV35 | Bedford Harriers AC | 1:05:02.5 | 1:05:01.0 | 06:30min/mile | 79.0% |
| 33 | 386 | Jon Clark | 3. | MV50 | Bedford Harriers AC | 1:05:34.1 | 1:05:30.6 | 06:33min/mile | 75.8% |
| 34 | 524 | James Smith | 18. | SM | Unattached | 1:05:40.2 | 1:05:35.1 | 06:33min/mile | 67.1% |
| 35 | 374 | Rodrigo Santos | 19. | SM | Riverside Runners St Neots | 1:05:49.1 | 1:05:46.9 | 06:34min/mile | 66.8% |
| 36 | 259 | Christine Lathwell | 4. | FV35 | Stopsley Striders | 1:05:50.3 | 1:05:48.6 | 06:34min/mile | 77.5% |
| 37 | 52 | Steve Joy-Good | 20. | SM | Yaxley Runners | 1:05:56.2 | 1:05:48.3 | 06:34min/mile | 67.7% |
| 38 | 470 | Michael Rayner | 21. | SM | Riverside Runners St Neots | 1:06:05.4 | 1:06:02.8 | 06:36min/mile | 66.6% |
| 39 | 294 | Piers Serjeant | 11. | MV40 | Riverside Runners St Neots | 1:06:06.0 | 1:06:03.4 | 06:36min/mile | 70.3% |
| 40 | 250 | Colin Merritt | 4. | MV50 | Unattached | 1:06:35.4 | 1:06:29.5 | 06:38min/mile | 74.6% |
| 41 | 246 | Colin Bunner | 12. | MV40 | Unattached | 1:06:44.0 | 1:06:40.9 | 06:40min/mile | 73.2% |
| 42 | 523 | Paul Sowter | 22. | SM | Unattached | 1:06:51.0 | 1:06:45.5 | 06:40min/mile | 66.8% |
| 43 | 84 | Trevor Grace | 23. | SM | Unattached | 1:07:04.1 | 1:06:58.1 | 06:41min/mile | 65.7% |
| 44 | 353 | Andrew Enticknap | 13. | MV40 | Huntingdon AC | 1:07:07.8 | 1:07:03.9 | 06:42min/mile | 72.1% |
| 45 | 151 | Andy Hay | 24. | SM | Unattached | 1:07:21.0 | 1:07:15.2 | 06:43min/mile | 65.4% |
| 46 | 282 | emily Relton | 1. | SF | Bedford & County Athletic Club | 1:07:24.9 | 1:07:21.0 | 06:44min/mile | 73.2% |
| 47 | 19 | Michael Branston | 14. | MV40 | Yaxley Runners | 1:07:31.2 | 1:07:23.9 | 06:44min/mile | 68.9% |
| 48 | 499 | David Frampton | 1. | MV60 | North Herts Road Runners | 1:07:34.7 | 1:07:31.2 | 06:45min/mile | 80.5% |

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| 49 | 224 | Paula Downing | 1. | FV45 | Mablethorpe Running Club | 1:07:53.8 | 1:07:51.1 | 06:47min/mile | 82.7% |
| 50 | 469 | Michael Russell | 5. | MV50 | Team Trisports | 1:08:05.6 | 1:08:03.3 | 06:48min/mile | 76.9% |
| 51 | 505 | Elaine Livera | 2. | SF | Unattached | 1:08:36.4 | 1:08:34.2 | 06:51min/mile | 71.9% |
| 52 | 133 | Pete Grace | 25. | SM | Unattached | 1:08:40.9 | 1:08:34.0 | 06:51min/mile | 64.1% |
| 53 | 399 | David Sharman | 15. | MV40 | Bedford Harriers AC | 1:08:44.9 | 1:08:42.6 | 06:52min/mile | 66.0% |
| 54 | 445 | Tony Cormano | 26. | SM | Bedford Harriers AC | 1:08:45.3 | 1:08:42.7 | 06:52min/mile | 64.6% |
| 55 | 141 | Oliver Jones | 27. | SM | Bedford Harriers AC | 1:08:58.7 | 1:08:51.9 | 06:53min/mile | 65.4% |
| 56 | 269 | Andy Weaver | 16. | MV40 | Riverside Runners St Neots | 1:09:04.1 | 1:09:01.0 | 06:54min/mile | 65.7% |
| 57 | 412 | Andrew Croucher | 28. | SM | Unattached | 1:09:20.2 | 1:09:16.0 | 06:55min/mile | 63.5% |
| 58 | 305 | Wendy Walsh | 2. | FV45 | St Albans Striders | 1:09:26.4 | 1:09:24.8 | 06:56min/mile | 77.2% |
| 59 | 427 | Callum Harrison | 29. | SM | Ampthill & Flitwick Flyers Running Club | 1:09:31.3 | 1:09:25.2 | 06:56min/mile | 63.3% |
| 60 | 354 | Martyn Swann | 17. | MV40 | Unattached | 1:09:36.9 | 1:09:31.9 | 06:57min/mile | 66.8% |
| 61 | 276 | Chris Lamont | 2. | MV60 | Stopsley Striders | 1:09:38.4 | 1:09:34.6 | 06:57min/mile | 80.4% |
| 62 | 313 | Kyle Chesterman | 30. | SM | Riverside Runners St Neots | 1:09:45.9 | 1:09:37.4 | 06:57min/mile | 63.1% |
| 63 | 328 | Richard Wilson | 31. | SM | Unattached | 1:10:03.1 | 1:09:57.4 | 06:59min/mile | 64.0% |
| 64 | 152 | Christopher Turner | 32. | SM | Unattached | 1:10:15.7 | 1:10:09.1 | 07:00min/mile | 63.9% |
| 65 | 273 | Jonathon Nicholls | 33. | SM | Unattached | 1:10:24.5 | 1:10:20.4 | 07:02min/mile | 62.5% |
| 66 | 203 | Neil Lovesey | 3. | MV60 | Bedford Harriers AC | 1:10:24.5 | 1:10:19.9 | 07:01min/mile | 78.0% |
| 67 | 297 | Hattie Oakley-King | 3. | SF | Ampthill & Flitwick Flyers Running Club | 1:10:29.8 | 1:10:24.0 | 07:02min/mile | 70.0% |
| 68 | 308 | Nicola McBride | 3. | FV45 | Cambridge & Coleridge AC | 1:10:32.6 | 1:10:28.9 | 07:02min/mile | 79.6% |
| 69 | 520 | Stuart Middleton | 18. | MV40 | St Albans Striders | 1:10:50.3 | 1:10:42.2 | 07:04min/mile | 66.2% |
| 70 | 527 | Shaun Cherry | 19. | MV40 | Unattached | 1:10:57.8 | 1:10:54.1 | 07:05min/mile | 66.0% |
| 71 | 33 | Gary Barnes | 6. | MV50 | Riverside Runners St Neots | 1:11:01.0 | 1:10:46.7 | 07:04min/mile | 71.4% |
| 72 | 348 | Hugh Burton | 20. | MV40 | Yaxley Runners | 1:11:07.0 | 1:10:57.8 | 07:05min/mile | 67.6% |
| 73 | 338 | Mourad Ben Taieb | 7. | MV50 | Bedford Harriers AC | 1:11:08.7 | 1:11:00.7 | 07:06min/mile | 74.4% |
| 74 | 277 | Paul Swinburne | 21. | MV40 | Unattached | 1:11:12.9 | 1:11:05.1 | 07:06min/mile | 66.4% |
| 75 | 424 | Steve Childerley | 22. | MV40 | Riverside Runners St Neots | 1:11:14.7 | 1:11:09.8 | 07:06min/mile | 65.2% |
| 76 | 301 | Richard Stanley | 8. | MV50 | Ampthill & Flitwick Flyers Running Club | 1:11:16.9 | 1:11:09.5 | 07:06min/mile | 69.7% |
| 77 | 372 | Carmelo Mastrandrea | 34. | SM | Unattached | 1:11:25.9 | 1:11:21.2 | 07:08min/mile | 61.6% |
| 78 | 177 | Tom Roberts | 35. | SM | Wellingborough & District | 1:11:31.7 | 1:11:22.6 | 07:08min/mile | 61.6% |
| 79 | 26 | Maurice Hemingway | 4. | MV60 | Riverside Runners St Neots | 1:11:43.7 | 1:11:38.7 | 07:09min/mile | 75.8% |
| 80 | 479 | Paul Jones | 9. | MV50 | Cambridge & Coleridge AC | 1:11:44.9 | 1:11:22.1 | 07:08min/mile | 70.1% |
| 81 | 145 | Gina Crane | 5. | FV35 | Yaxley Runners | 1:11:54.0 | 1:11:46.1 | 07:10min/mile | 71.6% |
| 82 | 257 | Steven Baldwin | 36. | SM | Unattached | 1:11:55.2 | 1:11:26.3 | 07:08min/mile | 61.5% |
| 83 | 243 | Dea Ditchfield | 4. | FV45 | Bedford Harriers AC | 1:12:04.3 | 1:11:53.8 | 07:11min/mile | 77.1% |
| 84 | 528 | Maria Smith | 4. | SF | Unattached | 1:12:12.7 | 1:12:09.7 | 07:12min/mile | 68.6% |
| 85 | 350 | Gavin Osborn | 23. | MV40 | Riverside Runners St Neots | 1:12:27.3 | 1:12:23.3 | 07:14min/mile | 63.1% |
| 86 | 3 | Joe Wright | 37. | SM | Yaxley Runners | 1:12:29.1 | 1:12:20.2 | 07:14min/mile | 62.0% |
| 87 | 112 | Paul Baird | 24. | MV40 | Riverside Runners St Neots | 1:12:54.2 | 1:12:48.5 | 07:16min/mile | 65.3% |
| 88 | 362 | Sophie Thrussell | 5. | SF | Riverside Runners St Neots | 1:13:01.7 | 1:12:57.5 | 07:17min/mile | 67.6% |
| 89 | 57 | Liam O'Donnell | 38. | SM | Unattached | 1:13:03.8 | 1:12:30.8 | 07:15min/mile | 61.8% |
| 90 | 497 | Robert Pick | 5. | MV60 | Trent Park Running Club | 1:13:13.1 | 1:13:02.9 | 07:18min/mile | 75.1% |
| 91 | 103 | Graham Pratt | 39. | SM | Bedford Harriers AC | 1:13:18.5 | 1:13:07.0 | 07:18min/mile | 60.1% |
| 92 | 379 | Nicolae Tomasciuc | 40. | SM | Unattached | 1:13:24.8 | 1:13:21.8 | 07:20min/mile | 59.9% |
| 93 | 410 | Andrew Reid | 6. | MV60 | Stopsley Striders | 1:13:33.0 | 1:13:28.7 | 07:20min/mile | 76.1% |
| 94 | 451 | Jeremy Bell | 10. | MV50 | Ampthill & Flitwick Flyers Running Club | 1:14:00.8 | 1:13:53.2 | 07:23min/mile | 68.4% |
| 95 | 153 | Andrew Redden | 41. | SM | Wellingborough & District | 1:14:13.4 | 1:14:02.3 | 07:24min/mile | 59.4% |
| 96 | 340 | Bruce Goulding | 25. | MV40 | Trail Runners Association | 1:14:23.3 | 1:14:10.5 | 07:25min/mile | 64.7% |
| 97 | 50 | Richard Beaty | 42. | SM | Unattached | 1:14:29.1 | 1:14:11.9 | 07:25min/mile | 60.7% |
| 98 | 175 | Will George | 43. | SM | Unattached | 1:14:35.5 | 1:14:29.2 | 07:26min/mile | 59.0% |

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| 99 | 502 | Frank Esaw | 7. | MV60 | Bedford Harriers AC | 1:14:41.3 | 1:14:35.3 | 07:27min/mile | 77.3% |
| 100 | 193 | Sue Gillespie | 5. | FV45 | Unattached | 1:14:46.7 | 1:14:42.4 | 07:28min/mile | 76.9% |
| 101 | 146 | Angus Macdonald | 26. | MV40 | Unattached | 1:14:49.0 | 1:14:38.0 | 07:27min/mile | 62.7% |
| 102 | 169 | Rob Withey | 27. | MV40 | Unattached | 1:14:50.4 | 1:14:41.6 | 07:28min/mile | 62.1% |
| 103 | 326 | Mark Sexton | 44. | SM | Unattached | 1:14:58.3 | 1:14:29.2 | 07:26min/mile | 59.6% |
| 104 | 400 | Simon Wathen | 28. | MV40 | Unattached | 1:15:10.0 | 1:14:50.5 | 07:29min/mile | 64.1% |
| 105 | 513 | Roger Hobbs | 11. | MV50 | Redway Runners | 1:15:18.7 | 1:15:13.4 | 07:31min/mile | 69.0% |
| 106 | 303 | Deborah Fordham | 6. | FV35 | Team Sue Ryder | 1:15:32.5 | 1:15:08.8 | 07:30min/mile | 68.3% |
| 107 | 460 | David Newton | 8. | MV60 | BRJ Running Club | 1:15:40.5 | 1:15:29.2 | 07:32min/mile | 77.1% |
| 108 | 119 | David Rootes | 9. | MV60 | Royston Runners | 1:15:44.1 | 1:15:39.7 | 07:33min/mile | 75.4% |
| 109 | 94 | Simon Hedges | 45. | SM | Unattached | 1:15:49.8 | 1:15:46.1 | 07:34min/mile | 58.1% |
| 110 | 332 | Graham Blackburn | 12. | MV50 | Fairlands Valley Spartans | 1:16:06.7 | 1:16:01.3 | 07:36min/mile | 65.9% |
| 111 | 22 | Lee Radley | 29. | MV40 | Riverside Runners St Neots | 1:16:08.8 | 1:15:54.1 | 07:35min/mile | 62.7% |
| 112 | 225 | Pat Ellerbeck | 10. | MV60 | Riverside Runners St Neots | 1:16:24.6 | 1:16:10.0 | 07:37min/mile | 72.0% |
| 113 | 382 | Helen Cairns | 7. | FV35 | Stevenage & North Herts AC | 1:16:26.5 | 1:16:19.9 | 07:37min/mile | 67.8% |
| 114 | 220 | Geoff Russell | 11. | MV60 | Road Runners Club | 1:16:30.0 | 1:16:23.3 | 07:38min/mile | 76.2% |
| 115 | 447 | Nicola Carter | 8. | FV35 | St Albans Striders | 1:16:31.7 | 1:16:23.9 | 07:38min/mile | 68.8% |
| 116 | 309 | Jeremy Green | 13. | MV50 | Werrington Joggers | 1:16:33.7 | 1:16:28.2 | 07:38min/mile | 65.5% |
| 117 | 215 | Elaine O'Connor | 9. | FV35 | West End Runners | 1:16:45.2 | 1:16:34.3 | 07:39min/mile | 65.3% |
| 118 | 383 | Nora Haggart | 1. | FV55 | Bedford Harriers AC | 1:16:49.5 | 1:16:26.8 | 07:38min/mile | 83.3% |
| 119 | 521 | Keith Yexley | 14. | MV50 | Team Sue Ryder | 1:16:50.2 | 1:16:42.8 | 07:40min/mile | 67.6% |
| 120 | 126 | Stephen James | 30. | MV40 | Bedford Harriers AC | 1:16:52.2 | 1:16:43.8 | 07:40min/mile | 63.6% |
| 121 | 312 | Deirdre Heydecker | 2. | FV55 | St Albans Striders | 1:16:53.1 | 1:16:45.3 | 07:40min/mile | 84.1% |
| 122 | 165 | Bruce Benson | 46. | SM | Stopsley Striders | 1:16:55.5 | 1:16:47.8 | 07:40min/mile | 58.7% |
| 123 | 344 | Michael Munro | 31. | MV40 | Bedford Harriers AC | 1:17:05.6 | 1:16:55.9 | 07:41min/mile | 62.3% |
| 124 | 401 | Christopher Forster | 47. | SM | Biggleswade AC | 1:17:17.3 | 1:17:07.6 | 07:42min/mile | 57.0% |
| 125 | 476 | Matthew Doyle | 32. | MV40 | Unattached | 1:17:22.2 | 1:17:15.4 | 07:43min/mile | 59.1% |
| 126 | 60 | Lee Mostari | 33. | MV40 | Unattached | 1:17:25.5 | 1:16:46.9 | 07:40min/mile | 60.0% |
| 127 | 176 | Will George | 48. | SM | Unattached | 1:17:28.4 | 1:17:21.6 | 07:44min/mile | 56.8% |
| 128 | 515 | Stuart Snelson | 34. | MV40 | Bedford Harriers AC | 1:17:28.5 | 1:17:18.7 | 07:43min/mile | 59.6% |
| 129 | 496 | Ray Clarabut | 12. | MV60 | Trent Park Running Club | 1:17:28.8 | 1:17:18.2 | 07:43min/mile | 74.5% |
| 130 | 336 | Gordon Lland | 13. | MV60 | Bedford Harriers AC | 1:17:29.6 | 1:17:20.8 | 07:44min/mile | 71.6% |
| 131 | 357 | Graham Busch | 14. | MV60 | Stopsley Striders | 1:17:53.9 | 1:17:37.3 | 07:45min/mile | 70.7% |
| 132 | 408 | David Jarrett | 15. | MV50 | Silson Joggers AC | 1:18:07.7 | 1:17:41.6 | 07:46min/mile | 67.4% |
| 133 | 91 | Josephine Sheffield | 6. | FV45 | Braintree & District AC | 1:18:12.3 | 1:18:03.0 | 07:48min/mile | 73.6% |
| 134 | 349 | Belle Woodcraft | 6. | SF | Unattached | 1:18:14.8 | 1:18:07.0 | 07:48min/mile | 63.1% |
| 135 | 214 | DAVID Weatherley | 35. | MV40 | Unattached | 1:18:19.0 | 1:17:58.7 | 07:47min/mile | 58.1% |
| 136 | 258 | Mark Billington | 16. | MV50 | Ampthill & Flitwick Flyers Running Club | 1:18:20.2 | 1:18:11.3 | 07:49min/mile | 64.0% |
| 137 | 209 | Niki Jones | 7. | FV45 | Bedford Harriers AC | 1:18:25.1 | 1:18:13.5 | 07:49min/mile | 69.2% |
| 138 | 318 | Jessica Anstee | 7. | SF | Ampthill & Flitwick Flyers Running Club | 1:18:45.0 | 1:18:36.4 | 07:51min/mile | 63.2% |
| 139 | 315 | Mike Roberts | 36. | MV40 | Unattached | 1:18:47.9 | 1:18:34.9 | 07:51min/mile | 62.1% |
| 140 | 337 | Premysl Dvorak | 49. | SM | Werrington Joggers | 1:18:58.1 | 1:18:46.2 | 07:52min/mile | 57.2% |
| 141 | 377 | Chitra Dunn | 17. | MV50 | Harpenden Arrows | 1:19:09.0 | 1:19:04.0 | 07:54min/mile | 66.2% |
| 142 | 228 | Ian Ballard | 18. | MV50 | Ampthill & Flitwick Flyers Running Club | 1:19:18.2 | 1:19:01.3 | 07:54min/mile | 62.8% |
| 143 | 30 | Darren Skeggs | 37. | MV40 | Riverside Runners St Neots | 1:19:34.9 | 1:19:17.0 | 07:55min/mile | 60.0% |
| 144 | 450 | Dave Holt | 15. | MV60 | Bedford Harriers AC | 1:19:38.7 | 1:19:22.4 | 07:56min/mile | 67.8% |
| 145 | 197 | Jim Morris | 19. | MV50 | Witham Runners | 1:19:48.2 | 1:19:19.5 | 07:55min/mile | 63.7% |
| 146 | 514 | James Miller | 50. | SM | Unattached | 1:19:55.3 | 1:19:25.9 | 07:56min/mile | 55.3% |
| 147 | 201 | Theresa Jackson | 8. | FV45 | Ampthill & Flitwick Flyers Running Club | 1:19:55.8 | 1:19:47.4 | 07:58min/mile | 67.2% |
| 148 | 438 | Tom De Val | 38. | MV40 | Unattached | 1:19:56.5 | 1:19:51.1 | 07:59min/mile | 58.1% |

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| 149 | 140 | Kirsty Jones | 10. | FV35 | Bedford Harriers AC | 1:19:58.6 | 1:19:45.1 | 07:58min/mile | 62.9% |
| 150 | 463 | Paul Norris | 39. | MV40 | Royston Runners | 1:20:12.1 | 1:20:06.1 | 08:00min/mile | 56.6% |
| 151 | 394 | Mark Kempthorne | 20. | MV50 | Unattached | 1:20:27.3 | 1:20:17.5 | 08:01min/mile | 63.4% |
| 152 | 179 | Mark Keens | 40. | MV40 | Bedford Harriers AC | 1:20:30.7 | 1:20:12.2 | 08:01min/mile | 57.4% |
| 153 | 458 | Veronica Singleton-Lawley | 3. | FV55 | Bedford Harriers AC | 1:20:31.8 | 1:20:20.7 | 08:02min/mile | 75.2% |
| 154 | 117 | Magda Bobon | 8. | SF | St Albans Striders | 1:20:35.2 | 1:20:14.8 | 08:01min/mile | 61.7% |
| 155 | 46 | Simon King | 21. | MV50 | Bedford Harriers AC | 1:20:45.2 | 1:20:31.3 | 08:03min/mile | 66.2% |
| 156 | 31 | Clare Jenkins | 11. | FV35 | Riverside Runners St Neots | 1:20:51.7 | 1:20:38.9 | 08:03min/mile | 63.2% |
| 157 | 441 | Ozeas Freitas Da Silva | 22. | MV50 | Unattached | 1:21:01.9 | 1:20:30.3 | 08:03min/mile | 64.4% |
| 158 | 518 | Carry Murphy | 9. | FV45 | Yaxley Runners | 1:21:06.9 | 1:20:50.4 | 08:05min/mile | 65.6% |
| 159 | 422 | Karl Lauria | 51. | SM | Unattached | 1:21:07.2 | 1:20:25.6 | 08:02min/mile | 54.7% |
| 160 | 71 | Thomas Fletcher | 41. | MV40 | Unattached | 1:21:20.2 | 1:20:52.7 | 08:05min/mile | 57.9% |
| 161 | 251 | Estelle Smith | 12. | FV35 | Bedford Harriers AC | 1:21:31.9 | 1:21:14.8 | 08:07min/mile | 64.7% |
| 162 | 226 | Christopher Collett | 52. | SM | Unattached | 1:21:35.9 | 1:21:16.9 | 08:07min/mile | 54.1% |
| 163 | 118 | Juliet Smith | 10. | FV45 | Bedford Harriers AC | 1:21:39.0 | 1:21:20.7 | 08:08min/mile | 68.1% |
| 164 | 12 | Sally Johnston | 11. | FV45 | Bedford Harriers AC | 1:21:42.1 | 1:21:24.0 | 08:08min/mile | 69.7% |
| 165 | 371 | Tim Porter | 42. | MV40 | Unattached | 1:21:43.4 | 1:21:34.3 | 08:09min/mile | 59.8% |
| 166 | 235 | Jim Fell | 1. | MV70 | Werrington Joggers | 1:21:59.8 | 1:21:55.0 | 08:11min/mile | 73.4% |
| 167 | 262 | Warren Clark | 43. | MV40 | Unattached | 1:22:01.9 | 1:21:38.1 | 08:09min/mile | 56.8% |
| 168 | 122 | Stephanie Potter | 9. | SF | Unattached | 1:22:04.0 | 1:21:43.7 | 08:10min/mile | 60.8% |
| 169 | 324 | Ben Linford | 53. | SM | Unattached | 1:22:10.7 | 1:21:59.8 | 08:11min/mile | 53.6% |
| 170 | 317 | Natalie Linford | 10. | SF | Unattached | 1:22:11.9 | 1:22:01.5 | 08:12min/mile | 60.1% |
| 171 | 105 | Sharron Toms | 12. | FV45 | Yaxley Runners | 1:22:14.1 | 1:22:01.2 | 08:12min/mile | 66.0% |
| 172 | 404 | Liz Smith | 13. | FV35 | Unattached | 1:22:25.5 | 1:22:03.2 | 08:12min/mile | 64.1% |
| 173 | 147 | Ali Cooper | 13. | FV45 | Riverside Runners St Neots | 1:22:29.3 | 1:22:19.2 | 08:13min/mile | 70.7% |
| 174 | 181 | Sam Windebank | 14. | FV45 | Riverside Runners St Neots | 1:22:30.3 | 1:22:20.0 | 08:14min/mile | 64.4% |
| 175 | 522 | Richard Wood | 44. | MV40 | Unattached | 1:22:43.6 | 1:22:14.0 | 08:13min/mile | 58.3% |
| 176 | 260 | Chris Fadden | 23. | MV50 | Bedford Harriers AC | 1:22:49.1 | 1:22:30.7 | 08:15min/mile | 61.7% |
| 177 | 459 | Annette Newton | 1. | FV65 | BRJ Running Club | 1:22:51.8 | 1:22:41.3 | 08:16min/mile | 82.6% |
| 178 | 66 | Richard Roweth | 45. | MV40 | Unattached | 1:22:54.6 | 1:22:22.4 | 08:14min/mile | 55.9% |
| 179 | 485 | Paul Jephcott | 24. | MV50 | Bushfield Joggers | 1:22:58.2 | 1:22:48.9 | 08:16min/mile | 64.4% |
| 180 | 329 | Sally Dickinson | 15. | FV45 | Leighton Fun Runners | 1:23:04.2 | 1:22:45.1 | 08:16min/mile | 64.1% |
| 181 | 32 | Claire O'Sullivan | 14. | FV35 | North Herts Road Runners | 1:23:25.1 | 1:23:05.4 | 08:18min/mile | 63.3% |
| 182 | 347 | Joanna Knox-Weerasinghe | 15. | FV35 | Bedford Harriers AC | 1:23:31.1 | 1:23:16.8 | 08:19min/mile | 63.1% |
| 183 | 519 | Jason Corden | 46. | MV40 | Yaxley Runners | 1:23:32.1 | 1:23:02.6 | 08:18min/mile | 54.6% |
| 184 | 223 | Claire Littlewood | 16. | FV45 | Royston Runners | 1:23:34.5 | 1:23:30.2 | 08:21min/mile | 68.0% |
| 185 | 525 | Mitchel Croft | 54. | SM | Unattached | 1:23:35.4 | 1:23:04.4 | 08:18min/mile | 52.9% |
| 186 | 465 | Lucy Bush | 16. | FV35 | Riverside Runners St Neots | 1:23:36.9 | 1:23:15.8 | 08:19min/mile | 63.1% |
| 187 | 423 | Scott Ayres | 55. | SM | Dunstable RRC | 1:23:37.0 | 1:23:19.7 | 08:19min/mile | 53.8% |
| 188 | 61 | Russell Doyle | 47. | MV40 | Unattached | 1:23:45.8 | 1:23:08.3 | 08:18min/mile | 57.2% |
| 189 | 311 | Tony Jones | 25. | MV50 | Bedford Harriers AC | 1:24:09.5 | 1:23:53.7 | 08:23min/mile | 61.8% |
| 190 | 481 | Julie Calvert | 17. | FV45 | Royston Runners | 1:24:18.3 | 1:24:14.5 | 08:25min/mile | 63.6% |
| 191 | 196 | Phil Blackburn | 48. | MV40 | Unattached | 1:24:30.9 | 1:23:58.0 | 08:23min/mile | 55.7% |
| 192 | 232 | JOHN Hope | 16. | MV60 | St Albans Striders | 1:24:37.9 | 1:24:31.2 | 08:27min/mile | 68.8% |
| 193 | 428 | Claire Ashton | 17. | FV35 | BRJ Running Club | 1:24:41.6 | 1:24:29.8 | 08:26min/mile | 62.2% |
| 194 | 487 | Renette Wolvaardt | 18. | FV45 | Bedford Harriers AC | 1:24:42.9 | 1:24:24.9 | 08:26min/mile | 68.1% |
| 195 | 434 | Ian Wilson | 49. | MV40 | BRJ Running Club | 1:24:47.5 | 1:24:32.7 | 08:27min/mile | 55.8% |
| 196 | 391 | Paul Hides | 26. | MV50 | Bushfield Joggers | 1:24:53.7 | 1:24:41.6 | 08:28min/mile | 61.2% |
| 197 | 490 | Katie Ruditis | 18. | FV35 | Ampthill & Flitwick Flyers Running Club | 1:24:55.5 | 1:24:27.2 | 08:26min/mile | 59.0% |
| 198 | 264 | John Davies | 50. | MV40 | Unattached | 1:25:07.7 | 1:24:30.4 | 08:27min/mile | 54.9% |

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| 199 | 285 | John Walshe | 17. | MV60 | East Cork AC | 1:25:08.5 | 1:24:57.1 | 08:29min/mile | 66.5% |
| 200 | 24 | Emma Evans | 11. | SF | Riverside Runners St Neots | 1:25:10.3 | 1:25:01.8 | 08:30min/mile | 58.0% |
| 201 | 227 | Kyrstin Fairweather | 19. | FV35 | Ampthill & Flitwick Flyers Running Club | 1:25:12.7 | 1:24:56.0 | 08:29min/mile | 61.9% |
| 202 | 256 | Sue Cross | 19. | FV45 | Bedford Harriers AC | 1:25:13.3 | 1:24:58.5 | 08:29min/mile | 69.3% |
| 203 | 493 | Jim Robertson | 18. | MV60 | Riverside Runners St Neots | 1:25:24.9 | 1:24:48.2 | 08:28min/mile | 63.5% |
| 204 | 8 | Barbara Johnson | 2. | FV65 | Yaxley Runners | 1:25:25.3 | 1:25:18.3 | 08:31min/mile | 80.1% |
| 205 | 64 | Simon Drown | 56. | SM | Unattached | 1:25:27.9 | 1:25:11.7 | 08:31min/mile | 52.3% |
| 206 | 137 | Mark Godden | 57. | SM | Unattached | 1:25:31.3 | 1:25:10.1 | 08:31min/mile | 52.6% |
| 207 | 216 | Vinette Irving | 20. | FV45 | Unattached | 1:25:38.6 | 1:25:19.0 | 08:31min/mile | 65.0% |
| 208 | 322 | Karen Robertson | 4. | FV55 | Bedford Harriers AC | 1:25:44.1 | 1:25:26.5 | 08:32min/mile | 69.8% |
| 209 | 414 | Karen Ashby | 5. | FV55 | Stopsley Striders | 1:25:48.2 | 1:25:41.2 | 08:34min/mile | 72.4% |
| 210 | 55 | Ian Handscombe | 51. | MV40 | Unattached | 1:25:57.6 | 1:25:18.5 | 08:31min/mile | 54.4% |
| 211 | 254 | Lisa Hoaran | 6. | FV55 | Unattached | 1:25:57.7 | 1:25:47.1 | 08:34min/mile | 73.3% |
| 212 | 253 | Karen Childerley | 20. | FV35 | Riverside Runners St Neots | 1:26:10.3 | 1:25:45.3 | 08:34min/mile | 60.3% |
| 213 | 393 | Mark Gipps | 27. | MV50 | Unattached | 1:26:13.1 | 1:25:45.5 | 08:34min/mile | 57.4% |
| 214 | 90 | Haley Traetto-Reynolds | 21. | FV35 | Unattached | 1:26:14.6 | 1:25:51.2 | 08:35min/mile | 60.2% |
| 215 | 87 | Giovanna Traetto-Reynolds | 12. | SF | Unattached | 1:26:15.6 | 1:25:51.7 | 08:35min/mile | 57.8% |
| 216 | 517 | Emma Winser | 22. | FV35 | Unattached | 1:26:16.5 | 1:26:03.6 | 08:36min/mile | 58.1% |
| 217 | 456 | Ian Jenkinson | 28. | MV50 | Unattached | 1:26:25.2 | 1:26:03.2 | 08:36min/mile | 60.8% |
| 218 | 358 | Richard Inchley | 2. | MV70 | Leighton Buzzard Athletic Club | 1:26:34.5 | 1:26:24.9 | 08:38min/mile | 69.5% |
| 219 | 421 | Louise Markham | 23. | FV35 | Unattached | 1:26:38.5 | 1:26:29.8 | 08:38min/mile | 57.6% |
| 220 | 395 | COLIN Calcutt | 29. | MV50 | North Herts Road Runners | 1:26:38.8 | 1:26:21.9 | 08:38min/mile | 59.5% |
| 221 | 186 | Kathryn Middlehurst | 13. | SF | BRJ Running Club | 1:26:39.5 | 1:26:35.3 | 08:39min/mile | 57.2% |
| 222 | 44 | Julie Stringer | 24. | FV35 | Cambridge & Coleridge AC | 1:26:41.8 | 1:26:29.1 | 08:38min/mile | 58.6% |
| 223 | 396 | Tom Brassington | 19. | MV60 | Bedford Harriers AC | 1:26:45.5 | 1:26:28.3 | 08:38min/mile | 64.1% |
| 224 | 429 | Michael Shaw | 30. | MV50 | BRJ Running Club | 1:26:51.7 | 1:26:39.0 | 08:39min/mile | 59.3% |
| 225 | 48 | JENNIFER Smith | 25. | FV35 | Cambridge & Coleridge AC | 1:27:01.8 | 1:26:49.7 | 08:40min/mile | 58.1% |
| 226 | 168 | Samantha Marlton | 58. | SM | Bedford Harriers AC | 1:27:11.3 | 1:26:59.5 | 08:41min/mile | 50.5% |
| 227 | 109 | Mark Tinkler | 31. | MV50 | Bedford Harriers AC | 1:27:13.2 | 1:26:48.9 | 08:40min/mile | 61.4% |
| 228 | 341 | Rachel Chow | 14. | SF | Riverside Runners St Neots | 1:27:13.8 | 1:26:49.8 | 08:40min/mile | 57.0% |
| 229 | 440 | Nick Ingles | 59. | SM | Unattached | 1:27:22.9 | 1:26:51.0 | 08:41min/mile | 50.9% |
| 230 | 139 | Lorraine Sassano | 21. | FV45 | Unattached | 1:27:25.5 | 1:27:10.7 | 08:43min/mile | 63.6% |
| 231 | 435 | Andrew Maher | 52. | MV40 | St Albans Striders | 1:27:26.4 | 1:27:07.6 | 08:42min/mile | 54.1% |
| 232 | 54 | Clair Handscombe | 26. | FV35 | Unattached | 1:27:34.8 | 1:26:55.7 | 08:41min/mile | 58.3% |
| 233 | 110 | Mark Brookman | 53. | MV40 | Unattached | 1:27:35.7 | 1:26:56.7 | 08:41min/mile | 53.0% |
| 234 | 334 | Kate Johnson | 15. | SF | Leighton Buzzard Athletic Club | 1:27:38.1 | 1:27:02.3 | 08:42min/mile | 56.8% |
| 235 | 385 | Carol Paul | 7. | FV55 | Fairlands Valley Spartans | 1:27:38.3 | 1:27:28.4 | 08:44min/mile | 68.2% |
| 236 | 236 | Tara Quinn | 27. | FV35 | Dunstable RRC | 1:27:40.2 | 1:27:21.9 | 08:44min/mile | 57.7% |
| 237 | 81 | VICTORIA Hadnett | 16. | SF | Unattached | 1:27:50.5 | 1:27:37.7 | 08:45min/mile | 56.3% |
| 238 | 244 | Richard Woodward | 60. | SM | Bedford Harriers AC | 1:27:59.0 | 1:27:46.1 | 08:46min/mile | 50.6% |
| 239 | 76 | Tomasz Pisulski | 61. | SM | Unattached | 1:28:02.8 | 1:27:40.7 | 08:46min/mile | 50.8% |
| 240 | 333 | Michael Graham | 32. | MV50 | Unattached | 1:28:04.7 | 1:27:37.9 | 08:45min/mile | 60.8% |
| 241 | 101 | Jo Slade | 22. | FV45 | Yaxley Runners | 1:28:09.5 | 1:27:41.0 | 08:46min/mile | 60.5% |
| 242 | 281 | Gary Masters | 54. | MV40 | Yaxley Runners | 1:28:10.2 | 1:27:42.3 | 08:46min/mile | 53.3% |
| 243 | 16 | Philip Norman | 20. | MV60 | PACTRAC | 1:28:33.9 | 1:28:15.6 | 08:49min/mile | 63.4% |
| 244 | 237 | STEVE Smith | 21. | MV60 | Wootton Road Runners | 1:28:38.8 | 1:28:12.5 | 08:49min/mile | 62.2% |
| 245 | 39 | Steve Newson | 55. | MV40 | Unattached | 1:28:42.8 | 1:28:13.7 | 08:49min/mile | 53.0% |
| 246 | 378 | Laurene Lee | 28. | FV35 | Unattached | 1:28:46.6 | 1:28:28.7 | 08:50min/mile | 57.6% |
| 247 | 346 | Sarah Farrugia | 29. | FV35 | Unattached | 1:28:46.7 | 1:28:29.1 | 08:50min/mile | 58.9% |
| 248 | 376 | Rebecca Howling | 23. | FV45 | Unattached | 1:28:49.5 | 1:28:33.8 | 08:51min/mile | 61.1% |

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| 249 | 486 | Danielle Wolvaardt | 17. | SF | Bedford Harriers AC | 1:28:57.1 | 1:28:42.8 | 08:52min/mile | 55.6% |
| 250 | 492 | Peter Pack | 33. | MV50 | Bedford Harriers AC | 1:29:04.1 | 1:28:50.4 | 08:53min/mile | 57.9% |
| 251 | 249 | Sophie Hughes | 18. | SF | Unattached | 1:29:16.7 | 1:28:43.9 | 08:52min/mile | 55.6% |
| 252 | 120 | Tom Brownlee | 34. | MV50 | North Herts Road Runners | 1:29:25.4 | 1:28:49.7 | 08:52min/mile | 57.9% |
| 253 | 283 | Sarah Relton | 24. | FV45 | Bedford Harriers AC | 1:29:29.7 | 1:29:15.7 | 08:55min/mile | 61.4% |
| 254 | 222 | Michael Reibscheid | 56. | MV40 | St Albans Striders | 1:29:34.3 | 1:29:15.4 | 08:55min/mile | 53.3% |
| 255 | 380 | Jane Molloy | 25. | FV45 | Watford Joggers | 1:29:35.4 | 1:29:14.1 | 08:55min/mile | 64.4% |
| 256 | 366 | Shirley Mcdonagh | 26. | FV45 | Bedford Harriers AC | 1:29:36.8 | 1:29:22.0 | 08:56min/mile | 62.0% |
| 257 | 74 | Lesley Harwood | 8. | FV55 | Yaxley Runners | 1:29:36.8 | 1:29:08.5 | 08:54min/mile | 68.7% |
| 258 | 503 | Virginia Middleton | 27. | FV45 | Team Balancise | 1:29:51.2 | 1:29:37.8 | 08:57min/mile | 60.4% |
| 259 | 287 | Helen Higgins | 30. | FV35 | Unattached | 1:29:54.8 | 1:29:35.1 | 08:57min/mile | 56.9% |
| 260 | 21 | Paul Atherfold | 57. | MV40 | Bushfield Joggers | 1:29:56.4 | 1:29:27.8 | 08:56min/mile | 52.7% |
| 261 | 10 | Anna Devine | 31. | FV35 | Yaxley Runners | 1:29:57.6 | 1:29:28.6 | 08:56min/mile | 56.7% |
| 262 | 28 | Catherine Hemingway | 19. | SF | Riverside Runners St Neots | 1:29:59.3 | 1:29:50.1 | 08:59min/mile | 55.4% |
| 263 | 420 | Ashley Hinde | 62. | SM | Unattached | 1:30:13.5 | 1:29:31.4 | 08:57min/mile | 49.1% |
| 264 | 448 | Helena Zhang | 32. | FV35 | Unattached | 1:30:15.6 | 1:29:45.9 | 08:58min/mile | 56.5% |
| 265 | 473 | Rachel Morgan | 33. | FV35 | Royston Runners | 1:30:17.7 | 1:30:11.7 | 09:01min/mile | 57.8% |
| 266 | 418 | Lilly Templeman | 20. | SF | Unattached | 1:30:23.6 | 1:29:43.5 | 08:58min/mile | 55.0% |
| 267 | 154 | Amanda Roland | 34. | FV35 | Huntingdon AC | 1:30:35.8 | 1:30:20.4 | 09:02min/mile | 57.7% |
| 268 | 157 | Nick Burrell | 35. | MV50 | Unattached | 1:30:35.8 | 1:30:19.3 | 09:01min/mile | 57.4% |
| 269 | 406 | Steve Green | 58. | MV40 | Unattached | 1:30:38.1 | 1:30:23.3 | 09:02min/mile | 51.3% |
| 270 | 480 | Glenn Godfrey | 22. | MV60 | Unattached | 1:30:44.0 | 1:30:06.2 | 09:00min/mile | 60.9% |
| 271 | 156 | Lisa Braybrook | 28. | FV45 | BRJ Running Club | 1:30:44.1 | 1:30:28.5 | 09:02min/mile | 63.5% |
| 272 | 155 | Joe Convey | 36. | MV50 | Huntingdon AC | 1:30:44.2 | 1:30:28.1 | 09:02min/mile | 56.8% |
| 273 | 314 | Ellen Chesterman | 21. | SF | Riverside Runners St Neots | 1:30:46.3 | 1:30:22.7 | 09:02min/mile | 54.6% |
| 274 | 293 | Niki Serjeant | 29. | FV45 | Riverside Runners St Neots | 1:30:50.2 | 1:30:25.2 | 09:02min/mile | 62.8% |
| 275 | 77 | Liz Ash | 22. | SF | Bedford Harriers AC | 1:30:54.2 | 1:30:26.1 | 09:02min/mile | 54.6% |
| 276 | 272 | Kay Riley | 35. | FV35 | Thorney Running Club | 1:31:06.0 | 1:30:59.2 | 09:05min/mile | 55.4% |
| 277 | 295 | Kerry Batten | 36. | FV35 | Bedford Harriers AC | 1:31:08.1 | 1:30:50.6 | 09:05min/mile | 56.5% |
| 278 | 125 | Elaine Fullard | 9. | FV55 | Bedford Harriers AC | 1:31:25.6 | 1:31:05.7 | 09:06min/mile | 67.2% |
| 279 | 231 | Hannah Cloonan | 23. | SF | Unattached | 1:31:39.9 | 1:31:10.9 | 09:07min/mile | 54.1% |
| 280 | 339 | Sarah Brewster | 30. | FV45 | Unattached | 1:31:45.4 | 1:31:28.3 | 09:08min/mile | 59.9% |
| 281 | 471 | Charlotte Edwards | 37. | FV35 | Bushfield Joggers | 1:31:46.7 | 1:31:37.3 | 09:09min/mile | 55.0% |
| 282 | 129 | Steve Riley | 23. | MV60 | UKnetrunner | 1:31:48.3 | 1:31:29.1 | 09:08min/mile | 58.8% |
| 283 | 86 | Michelle Geeson | 38. | FV35 | Unattached | 1:31:50.9 | 1:31:16.5 | 09:07min/mile | 55.9% |
| 284 | 507 | Steve Newman | 37. | MV50 | Unattached | 1:32:08.2 | 1:31:46.4 | 09:10min/mile | 54.1% |
| 285 | 267 | Jim Oyston | 24. | MV60 | Unattached | 1:32:14.7 | 1:31:48.5 | 09:10min/mile | 63.4% |
| 286 | 25 | Sharon Evans | 31. | FV45 | Riverside Runners St Neots | 1:32:18.4 | 1:31:55.3 | 09:11min/mile | 59.6% |
| 287 | 36 | Emily Wallace | 39. | FV35 | Unattached | 1:32:25.0 | 1:31:51.5 | 09:11min/mile | 55.5% |
| 288 | 449 | Viv Kilgour | 32. | FV45 | Bedford Harriers AC | 1:32:26.1 | 1:32:08.1 | 09:12min/mile | 63.9% |
| 289 | 342 | Stephen Briffett | 59. | MV40 | Unattached | 1:32:27.5 | 1:32:17.0 | 09:13min/mile | 49.5% |
| 290 | 419 | Marie Shaw | 24. | SF | Unattached | 1:32:28.4 | 1:31:47.7 | 09:10min/mile | 53.8% |
| 291 | 240 | MICHAEL Wood | 25. | MV60 | Wootton Road Runners | 1:32:28.5 | 1:32:01.7 | 09:12min/mile | 62.0% |
| 292 | 506 | MALC Cary | 38. | MV50 | Unattached | 1:32:29.6 | 1:32:06.1 | 09:12min/mile | 56.8% |
| 293 | 187 | Clare Ward | 40. | FV35 | Unattached | 1:32:32.5 | 1:32:27.2 | 09:14min/mile | 55.9% |
| 294 | 319 | Sally Akers | 41. | FV35 | Unattached | 1:32:36.6 | 1:32:22.9 | 09:14min/mile | 56.0% |
| 295 | 9 | Emily Hawke | 42. | FV35 | Yaxley Runners | 1:32:49.1 | 1:32:18.6 | 09:13min/mile | 55.3% |
| 296 | 270 | Kevin Millard | 39. | MV50 | Unattached | 1:32:51.2 | 1:32:25.6 | 09:14min/mile | 57.7% |
| 297 | 113 | Linda Wilding | 3. | FV65 | Bedford Harriers AC | 1:33:00.2 | 1:32:35.0 | 09:15min/mile | 76.0% |
| 298 | 387 | Victoria Mckee | 25. | SF | Team Balancise | 1:33:02.0 | 1:32:48.3 | 09:16min/mile | 53.1% |

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| 299 | 361 | Tina Brayford | 33. | FV45 | Team Balancise | 1:33:03.5 | 1:32:49.2 | 09:16min/mile | 59.7% |
| 300 | 67 | Lucinda Cowell | 34. | FV45 | Unattached | 1:33:07.8 | 1:32:35.9 | 09:15min/mile | 59.1% |
| 301 | 482 | Ann Tyler | 35. | FV45 | Unattached | 1:33:40.5 | 1:33:35.1 | 09:21min/mile | 58.5% |
| 302 | 205 | Darren Woodward | 60. | MV40 | Riverside Runners St Neots | 1:33:44.7 | 1:33:08.1 | 09:18min/mile | 50.6% |
| 303 | 1 | Debbie Perkins | 43. | FV35 | Unattached | 1:33:45.7 | 1:33:19.7 | 09:19min/mile | 55.4% |
| 304 | 370 | Jane Welch | 10. | FV55 | Watford Joggers | 1:33:52.2 | 1:33:30.8 | 09:21min/mile | 68.1% |
| 305 | 51 | Dani Beaty | 26. | SF | Unattached | 1:34:03.2 | 1:33:50.0 | 09:23min/mile | 52.7% |
| 306 | 135 | Patricia Gallegos | 44. | FV35 | Yaxley Runners | 1:34:04.5 | 1:33:33.7 | 09:21min/mile | 53.2% |
| 307 | 213 | Paul Adams | 40. | MV50 | Unattached | 1:34:23.1 | 1:33:47.8 | 09:22min/mile | 55.3% |
| 308 | 242 | Susan Passmore | 45. | FV35 | Unattached | 1:34:34.3 | 1:34:01.6 | 09:24min/mile | 53.6% |
| 309 | 239 | Alison Denton | 46. | FV35 | Unattached | 1:34:34.5 | 1:34:01.1 | 09:24min/mile | 54.2% |
| 310 | 529 | Nick Barringer | 61. | MV40 | Bedford Harriers AC | 1:34:44.2 | 1:34:36.8 | 09:27min/mile | 51.5% |
| 311 | 475 | Lizzy Hiner | 47. | FV35 | Riverside Runners St Neots | 1:34:47.0 | 1:34:10.5 | 09:25min/mile | 54.5% |
| 312 | 359 | Matthew Redman | 62. | MV40 | Unattached | 1:34:58.3 | 1:34:46.2 | 09:28min/mile | 47.8% |
| 313 | 274 | Adrian Smith | 41. | MV50 | Riverside Runners St Neots | 1:35:06.1 | 1:34:29.5 | 09:26min/mile | 52.5% |
| 314 | 206 | Natalie Fairbairn | 36. | FV45 | Riverside Runners St Neots | 1:35:06.5 | 1:34:30.7 | 09:27min/mile | 56.1% |
| 315 | 5 | Kerrie Bell | 48. | FV35 | Unattached | 1:35:08.9 | 1:34:40.5 | 09:28min/mile | 54.6% |
| 316 | 73 | David Bell | 63. | MV40 | Unattached | 1:35:09.5 | 1:34:41.0 | 09:28min/mile | 49.4% |
| 317 | 199 | Ian Woodroffe | 3. | MV70 | Unattached | 1:35:21.5 | 1:34:50.1 | 09:29min/mile | 62.6% |
| 318 | 454 | Elaine Palmer | 37. | FV45 | Werrington Joggers | 1:35:26.0 | 1:35:14.9 | 09:31min/mile | 56.3% |
| 319 | 180 | Karen Roper | 49. | FV35 | Riverside Runners St Neots | 1:35:34.1 | 1:35:09.2 | 09:30min/mile | 54.8% |
| 320 | 99 | Hazel Ferreira | 50. | FV35 | Riverside Runners St Neots | 1:35:38.6 | 1:35:12.8 | 09:31min/mile | 52.5% |
| 321 | 134 | Liana Smith | 51. | FV35 | Unattached | 1:35:46.5 | 1:35:32.3 | 09:33min/mile | 55.0% |
| 322 | 34 | Steve Hill | 64. | MV40 | Unattached | 1:35:51.5 | 1:35:37.7 | 09:33min/mile | 49.3% |
| 323 | 261 | Katie Bunting | 52. | FV35 | St Albans Striders | 1:35:55.0 | 1:35:35.8 | 09:33min/mile | 53.7% |
| 324 | 425 | Kim Ulmer | 38. | FV45 | Unattached | 1:35:59.7 | 1:35:21.6 | 09:32min/mile | 60.2% |
| 325 | 498 | Keith Jenkinson | 26. | MV60 | Unattached | 1:36:00.3 | 1:35:22.3 | 09:32min/mile | 57.0% |
| 326 | 11 | Kate Johnstone | 53. | FV35 | Yaxley Runners | 1:36:05.3 | 1:35:34.9 | 09:33min/mile | 54.5% |
| 327 | 462 | Rebecca Bailey | 54. | FV35 | Unattached | 1:36:06.4 | 1:35:33.8 | 09:33min/mile | 52.5% |
| 328 | 96 | Larry Corkrey | 4. | MV70 | Bedford Harriers AC | 1:36:08.9 | 1:35:47.9 | 09:34min/mile | 71.7% |
| 329 | 252 | ROWENA Homan | 39. | FV45 | Werrington Joggers | 1:36:09.6 | 1:35:57.6 | 09:35min/mile | 61.4% |
| 330 | 335 | Julian Huckle | 42. | MV50 | Werrington Joggers | 1:36:09.7 | 1:36:03.7 | 09:36min/mile | 54.0% |
| 331 | 2 | Nina Wright | 40. | FV45 | Yaxley Runners | 1:36:22.5 | 1:35:51.3 | 09:35min/mile | 55.9% |
| 332 | 161 | Joanne Smythe | 55. | FV35 | Bedford Harriers AC | 1:36:31.5 | 1:36:20.0 | 09:38min/mile | 53.3% |
| 333 | 218 | Karen Barringer | 41. | FV45 | Bedford Harriers AC | 1:36:35.2 | 1:36:27.7 | 09:38min/mile | 57.5% |
| 334 | 530 | Donna Dean | 42. | FV45 | Bedford Harriers AC | 1:36:37.2 | 1:36:30.2 | 09:39min/mile | 56.8% |
| 335 | 97 | Jen Johnson | 43. | FV45 | Unattached | 1:36:42.0 | 1:36:11.9 | 09:37min/mile | 59.0% |
| 336 | 172 | Matthew Devan | 63. | SM | Unattached | 1:36:42.9 | 1:36:20.0 | 09:38min/mile | 45.8% |
| 337 | 160 | Cheryl Ebeling-Jones | 56. | FV35 | Unattached | 1:36:44.1 | 1:36:16.9 | 09:37min/mile | 53.0% |
| 338 | 163 | Michelle Szyman | 27. | SF | Unattached | 1:36:55.8 | 1:36:28.4 | 09:38min/mile | 51.2% |
| 339 | 170 | Rochelle Walzer | 28. | SF | Unattached | 1:36:58.6 | 1:36:38.2 | 09:39min/mile | 51.1% |
| 340 | 364 | Olivia Whalley | 57. | FV35 | Unattached | 1:37:02.1 | 1:36:34.6 | 09:39min/mile | 52.5% |
| 341 | 158 | Christine Ferguson | 11. | FV55 | Harpenden Arrows | 1:37:07.3 | 1:36:39.0 | 09:39min/mile | 61.7% |
| 342 | 432 | Amy Brown | 29. | SF | Unattached | 1:37:15.5 | 1:36:35.1 | 09:39min/mile | 51.0% |
| 343 | 65 | Sian Collin | 30. | SF | Unattached | 1:37:19.8 | 1:36:46.6 | 09:40min/mile | 51.3% |
| 344 | 289 | Elaine Gay | 58. | FV35 | Team Sue Ryder | 1:37:20.3 | 1:36:46.2 | 09:40min/mile | 51.7% |
| 345 | 320 | Michelle Freeman | 44. | FV45 | Unattached | 1:37:20.9 | 1:37:07.1 | 09:42min/mile | 55.8% |
| 346 | 198 | Andrea Meek | 59. | FV35 | Leighton Buzzard Athletic Club | 1:37:26.8 | 1:36:57.6 | 09:41min/mile | 51.4% |
| 347 | 132 | Susan Hunt | 60. | FV35 | Unattached | 1:37:46.6 | 1:37:21.8 | 09:44min/mile | 52.7% |
| 348 | 384 | Darren Stone | 65. | MV40 | Unattached | 1:37:51.5 | 1:37:37.2 | 09:45min/mile | 47.2% |

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| 349 | 392 | Gurder Lal | 43. | MV50 | Unattached | 1:38:44.5 | 1:38:41.0 | 09:52min/mile | 50.7% |
| 350 | 98 | Richard Collins | 66. | MV40 | Unattached | 1:38:45.5 | 1:38:37.7 | 09:51min/mile | 48.6% |
| 351 | 268 | Theresa Clark | 12. | FV55 | Wellingborough & District | 1:39:00.8 | 1:38:33.4 | 09:51min/mile | 60.5% |
| 352 | 407 | Tom Nicholson | 5. | MV70 | Unattached | 1:39:09.7 | 1:38:43.2 | 09:52min/mile | 60.2% |
| 353 | 114 | Penny Duffin | 13. | FV55 | Bedford Harriers AC | 1:39:31.5 | 1:39:06.4 | 09:54min/mile | 64.3% |
| 354 | 82 | Rachel Levitt | 31. | SF | Unattached | 1:39:51.4 | 1:39:26.6 | 09:56min/mile | 49.6% |
| 355 | 83 | Paul Levitt | 44. | MV50 | Unattached | 1:39:51.5 | 1:39:26.5 | 09:56min/mile | 53.6% |
| 356 | 298 | Jenna Barron | 32. | SF | Team Sue Ryder | 1:39:59.0 | 1:39:24.8 | 09:56min/mile | 49.9% |
| 357 | 208 | Susan Jolly | 45. | FV45 | Unattached | 1:40:05.1 | 1:39:49.1 | 09:58min/mile | 56.2% |
| 358 | 195 | Julia Hales | 61. | FV35 | Unattached | 1:40:05.4 | 1:39:49.3 | 09:58min/mile | 50.3% |
| 359 | 255 | Michelle Martin | 62. | FV35 | St Albans Striders | 1:40:13.2 | 1:39:51.1 | 09:59min/mile | 50.8% |
| 360 | 388 | Sarah Allonby | 46. | FV45 | Ampthill & Flitwick Flyers Running Club | 1:40:24.3 | 1:39:48.6 | 09:58min/mile | 53.7% |
| 361 | 171 | Fran Devan | 33. | SF | Unattached | 1:40:25.6 | 1:40:05.3 | 10:00min/mile | 49.4% |
| 362 | 367 | Natasha Jacob | 63. | FV35 | Yaxley Runners | 1:40:35.3 | 1:40:04.8 | 10:00min/mile | 49.9% |
| 363 | 327 | Rebecca Fleckney | 64. | FV35 | Ampthill & Flitwick Flyers Running Club | 1:41:01.4 | 1:40:42.3 | 10:04min/mile | 49.6% |
| 364 | 351 | Barbara Reading | 4. | FV65 | Riverside Runners St Neots | 1:41:13.2 | 1:40:39.8 | 10:03min/mile | 73.2% |
| 365 | 286 | Angela Sloan | 47. | FV45 | Bedford Harriers AC | 1:41:18.5 | 1:40:54.0 | 10:05min/mile | 53.1% |
| 366 | 292 | Jeannette Rinaldi | 48. | FV45 | Bedford Harriers AC | 1:41:19.8 | 1:40:54.8 | 10:05min/mile | 54.9% |
| 367 | 88 | Mira Tysoe | 14. | FV55 | Bedford Harriers AC | 1:41:20.3 | 1:40:59.3 | 10:05min/mile | 63.9% |
| 368 | 306 | Anthony D'Or | 67. | MV40 | Unattached | 1:41:25.6 | 1:41:23.4 | 10:08min/mile | 45.8% |
| 369 | 397 | Sue Pack | 49. | FV45 | Bedford Harriers AC | 1:41:30.8 | 1:41:10.5 | 10:07min/mile | 56.8% |
| 370 | 106 | Rebecca Payne | 65. | FV35 | Unattached | 1:41:42.7 | 1:41:19.0 | 10:07min/mile | 49.3% |
| 371 | 290 | Eleanor Collins | 66. | FV35 | Bedford Harriers AC | 1:41:51.2 | 1:41:17.1 | 10:07min/mile | 49.2% |
| 372 | 17 | Robert Smith | 68. | MV40 | Yaxley Runners | 1:42:22.2 | 1:41:49.7 | 10:10min/mile | 45.9% |
| 373 | 478 | Kirsty Middleton | 34. | SF | Riverside Runners St Neots | 1:42:30.0 | 1:41:53.8 | 10:11min/mile | 48.4% |
| 374 | 229 | Jean Maggs | 50. | FV45 | Yaxley Runners | 1:42:32.7 | 1:42:01.4 | 10:12min/mile | 57.0% |
| 375 | 108 | Ricky Byrne | 64. | SM | Unattached | 1:42:35.6 | 1:41:55.7 | 10:11min/mile | 43.2% |
| 376 | 248 | Tony Hughes | 27. | MV60 | Unattached | 1:42:43.7 | 1:42:10.5 | 10:13min/mile | 57.5% |
| 377 | 464 | Sharon Crowley | 15. | FV55 | Fairlands Valley Spartans | 1:42:58.3 | 1:42:21.1 | 10:14min/mile | 60.6% |
| 378 | 509 | Ali Parker | 51. | FV45 | Ampthill & Flitwick Flyers Running Club | 1:43:22.1 | 1:43:03.0 | 10:18min/mile | 54.4% |
| 379 | 284 | Norman Whitwood | 6. | MV70 | Harpenden Arrows | 1:43:41.9 | 1:43:24.0 | 10:20min/mile | 58.8% |
| 380 | 405 | Sarah Wheeler | 67. | FV35 | Unattached | 1:43:41.9 | 1:43:07.4 | 10:18min/mile | 50.6% |
| 381 | 375 | Angela Stango | 68. | FV35 | Bedford Harriers AC | 1:43:46.1 | 1:43:23.8 | 10:20min/mile | 48.2% |
| 382 | 409 | Kim Caldwell | 69. | FV35 | Unattached | 1:43:58.2 | 1:43:30.4 | 10:21min/mile | 48.7% |
| 383 | 45 | JENNY King | 16. | FV55 | Bedford Harriers AC | 1:44:04.1 | 1:43:42.7 | 10:22min/mile | 60.6% |
| 384 | 512 | Rebecca Dickinson | 35. | SF | Unattached | 1:44:05.0 | 1:43:56.3 | 10:23min/mile | 47.4% |
| 385 | 511 | Sarah Dickinson | 52. | FV45 | Unattached | 1:44:05.0 | 1:43:55.4 | 10:23min/mile | 52.7% |
| 386 | 437 | Denise Tinant | 17. | FV55 | St Albans Striders | 1:44:24.6 | 1:44:02.1 | 10:24min/mile | 58.8% |
| 387 | 263 | Elliott Jones | 69. | MV40 | Unattached | 1:44:29.5 | 1:43:52.7 | 10:23min/mile | 43.6% |
| 388 | 403 | Angus Marshall | 70. | MV40 | Yaxley Runners | 1:44:57.9 | 1:44:25.6 | 10:26min/mile | 45.2% |
| 389 | 56 | Jane Smith | 70. | FV35 | Unattached | 1:45:00.8 | 1:44:27.1 | 10:26min/mile | 50.3% |
| 390 | 70 | Bryan Stanley | 65. | SM | Unattached | 1:45:02.4 | 1:44:29.2 | 10:26min/mile | 42.1% |
| 391 | 121 | COLIN Osborne | 28. | MV60 | Unattached | 1:45:07.5 | 1:44:29.5 | 10:26min/mile | 55.1% |
| 392 | 38 | Laura Burnard | 71. | FV35 | Unattached | 1:45:17.1 | 1:44:42.5 | 10:28min/mile | 47.6% |
| 393 | 53 | Roxanne Smith | 72. | FV35 | Unattached | 1:45:32.8 | 1:44:57.8 | 10:29min/mile | 48.3% |
| 394 | 411 | Judy Reid | 18. | FV55 | Stopsley Striders | 1:45:38.1 | 1:45:15.0 | 10:31min/mile | 64.0% |
| 395 | 373 | Linda Cassidy | 73. | FV35 | St Albans Striders | 1:45:51.2 | 1:45:29.5 | 10:32min/mile | 49.4% |
| 396 | 143 | Julian Brunt | 71. | MV40 | Biggleswade AC | 1:46:45.2 | 1:46:23.0 | 10:38min/mile | 43.6% |
| 397 | 468 | Patricia Godfrey | 5. | FV65 | Ampthill & Flitwick Flyers Running Club | 1:48:04.9 | 1:47:51.9 | 10:47min/mile | 64.3% |
| 398 | 27 | Pam Hemingway | 19. | FV55 | Riverside Runners St Neots | 1:49:02.2 | 1:48:26.8 | 10:50min/mile | 55.0% |

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| 399 | 123 | Kelly Knibbs | 36. | SF | Unattached | 1:49:05.7 | 1:48:44.3 | 10:52min/mile | 45.4% |
| 400 | 166 | Hazel Brewin | 6. | FV65 | Werrington Joggers | 1:49:06.1 | 1:48:55.6 | 10:53min/mile | 63.6% |
| 401 | 124 | Claire Renforth | 74. | FV35 | Unattached | 1:49:06.5 | 1:48:45.1 | 10:52min/mile | 47.6% |
| 402 | 221 | Andre Allison | 7. | FV65 | Unattached | 1:50:10.3 | 1:49:37.9 | 10:57min/mile | 62.3% |
| 403 | 415 | Liz Upex | 53. | FV45 | Bedford Harriers AC | 1:50:45.7 | 1:50:19.9 | 11:01min/mile | 50.8% |
| 404 | 416 | Mark Upex | 45. | MV50 | Bedford Harriers AC | 1:50:46.9 | 1:50:20.3 | 11:02min/mile | 44.6% |
| 405 | 431 | Wai Meng Au-Yeong | 37. | SF | St Albans Striders | 1:52:19.4 | 1:51:56.4 | 11:11min/mile | 44.1% |
| 406 | 516 | Alison Button | 75. | FV35 | Bedford Harriers AC | 1:52:22.4 | 1:52:01.8 | 11:12min/mile | 45.8% |
| 407 | 89 | Christopher Walkington | 29. | MV60 | Unattached | 1:53:00.2 | 1:52:30.1 | 11:15min/mile | 48.7% |
| 408 | 291 | Philip Baldwin | 66. | SM | Unattached | 1:53:39.1 | 1:53:08.9 | 11:18min/mile | 38.8% |
| 409 | 238 | Scott Mccandless | 72. | MV40 | Unattached | 1:53:59.6 | 1:53:24.0 | 11:20min/mile | 41.2% |
| 410 | 37 | Louise Ranson | 76. | FV35 | Unattached | 1:55:00.6 | 1:54:25.8 | 11:26min/mile | 44.3% |
| 411 | 188 | Katherine Miskin | 77. | FV35 | Unattached | 1:55:00.7 | 1:54:32.9 | 11:27min/mile | 43.5% |
| 412 | 491 | Steve Cook | 73. | MV40 | Unattached | 1:55:40.1 | 1:55:12.8 | 11:31min/mile | 39.3% |
| 413 | 63 | Rachel Swinson | 54. | FV45 | Unattached | 1:57:10.1 | 1:56:37.7 | 11:39min/mile | 48.1% |
| 414 | 321 | Susan Johnson | 20. | FV55 | Leighton Buzzard Athletic Club | 1:59:54.3 | 1:59:18.9 | 11:55min/mile | 54.9% |
| 415 | 62 | Phil Carroll | 46. | MV50 | Unattached | 2:01:10.5 | 2:00:36.0 | 12:03min/mile | 41.9% |
| 416 | 130 | Ian Sturdgess | 47. | MV50 | Bedford Harriers AC | 2:02:44.6 | 2:02:18.8 | 12:13min/mile | 42.0% |
| 417 | 343 | Allan Vincent | 67. | SM | Unattached | 2:05:21.1 | 2:05:10.0 | 12:31min/mile | 35.1% |
| 418 | 202 | Valerie Bird | 8. | FV65 | Bedford Harriers AC | 2:09:37.8 | 2:09:13.7 | 12:55min/mile | 54.4% |
| 419 | 452 | Jack Rivers | 30. | MV60 | Riverside Runners St Neots | 2:10:00.9 | 2:09:14.8 | 12:55min/mile | 41.6% |

