| Position | Chip time | First Name | Surname | Gender | Running Club | Age Grade |
|----------|-----------|------------|----------------|--------|--------------------------------|--------------|
| 1 | 00:05:11 | Ruben | Carvajal | M | Queen's Park Harriers | M40 |
| 2 | 00:05:34 | Luke | Prince | M | Southville Running Club | Senior Male |
| 3 | 00:05:43 | Abbas | Moman | M | | Senior Male |
| 4 | 00:05:44 | Thomas | Bootman | M | Ealing Eagles Running Club | M40 |
| 5 | 00:05:59 | Stephen | McDuell | M | Veterans AC | M60 |
| 6 | 00:06:07 | Mark | Korinek | M | | M50 |
| 7 | 00:06:20 | Helen | Rochester | F | Ealing Eagles Running Club | W50 |
| 8 | 00:06:30 | Peter | Martin | M | Clapham Chasers | M50 |
| 9 | 00:06:54 | Alun | Nash | M | | M60 |
| 10 | 00:06:56 | Anna | Shierson | F | Ealing Eagles Running Club | Senior Woman |
| 11 | 00:07:05 | lisa | watson | F | Harvel Hash House Harriers | W50 |
| 12 | 00:07:07 | Piers | Jenkins | M | Ealing Eagles Running Club | M55 |
| 13 | 00:07:34 | Dan | Thomson-Rourke | M | | Senior Male |
| 14 | 00:07:39 | Jon | Green | M | Lonely Goat Athletics Club | M60 |
| 15 | 00:07:47 | Adrian | Hunt | M | Thames Hare & Hounds | M60 |
| 16 | 00:08:12 | Carol | Jones | F | Ealing Southall & Middlesex AC | W65 |
| 17 | 00:09:24 | Melanie | Duhig | F | Lonely Goat Athletics Club | W50 |
| 18 | 00:10:18 | Daisy | Thomson-Rourke | F | | Senior Woman |
| 19 | 00:12:30 | Mathusha | Sabesh | F | | W35 |
| 20 | | | | | | |