

| Number | Name | Club | Sex | Category | Time | Age Category Position |
|--------|-----------------|-------------------|-----|----------|--------|--------------------------|
| 3383 | Peter Woodward | Forest of Dean AC | M | senior | 4.53.2 | 1 |
| 3388 | Marcus Bennetto | Forest of Dean AC | M | senior | 5.11.2 | 2 |
| 3408 | Chris Penny | Forest of Dean AC | M | M40 | 5.23.2 | 1 |
| 3393 | Dan Sanford | Forest of Dean AC | M | M40 | 5.24.5 | 2 |
| 3359 | Timothy Watkins | Forest of Dean AC | M | senior | 5.28.8 | 3 |
| 3376 | Ben Robbins | | M | senior | 5.30.5 | 4 |
| 3321 | Cory Sherwin | Forest of Dean AC | M | senior | 5.33.6 | 5 |
| 3365 | Matt Peake | | M | M40 | 5.45.6 | 3 |
| 3402 | Andrew Woodward | | M | M40 | 5.48.2 | 4 |
| 3302 | Max King | Forest of Dean AC | M | senior | 5.51.2 | 6 |
| 3390 | Walter Leach | Forest of Dean AC | M | M50 | 5.55.1 | 1 |
| 3375 | Daren Smith | Forest of Dean AC | M | M50 | 5.56.3 | 2 |
| 3377 | Chloe Wheeler | | F | senior | 5.58.8 | 1 |
| 3306 | Julian Boon | Forest of Dean AC | M | M40 | 6.03.9 | 5 |
| 3410 | Ian Morgan | Forest of Dean AC | M | senior | 6.04.3 | 7 |
| 3311 | Briony Bishop | Gloucester AC | F | senior | 6.05.8 | 2 |
| 3357 | Simon Roberts | Forest of Dean AC | M | M40 | 6.07.3 | 6 |
| 3409 | Lee Osborne | Forest of Dean AC | M | M40 | 6.09.6 | 7 |
| 3380 | Emma Clarke | Forest of Dean AC | F | senior | 6.09.9 | 3 |
| 3348 | Kieran Jones | Forest of Dean AC | M | senior | 6.18.4 | 8 |
| 3391 | Alan Robertson | Forest of Dean AC | M | M60 | 6.19.1 | 1 |
| 3407 | Richard Dennant | Forest of Dean AC | M | M50 | 6.31.2 | 3 |
| 3332 | Andrew Gage | CLC Striders | M | M50 | 6.37.4 | 4 |
| 3403 | Sherryl Hall | Forest of Dean AC | F | F50 | 6.37.9 | 1 |
| 3366 | Daniel Cobley | | M | M40 | 6.40.0 | 8 |
| 3305 | Debbie Stenner | Forest of Dean AC | F | F40 | 6.40.2 | 1 |
| 3330 | Peter Hewitt | Forest of Dean AC | M | senior | 6.47.2 | 9 |
| 3351 | Chris Munton | Forest of Dean AC | M | senior | 6.50.6 | 10 |
| 3374 | Melinda Ruck | Forest of Dean AC | F | F40 | 6.50.7 | 2 |
| 2196 | Vanessa Lawson | Chepstow Harriers | F | F40 | 6.54.6 | 3 |
| 3312 | Abi Pickett | | F | senior | 6.56.7 | 4 |
| 3345 | David Wadley | Forest of Dean AC | M | senior | 7.07.2 | 11 |
| 3400 | Rhian Wyman | Forest of Dean AC | F | senior | 7.09.7 | 5 |
| 3395 | Anne Kirk | Forest of Dean AC | F | F50 | 7.16.5 | 2 |
| 3396 | Martin Adams | Forest of Dean AC | M | senior | 7.18.0 | 12 |
| 3386 | Kate Burke | Forest of Dean AC | F | f40 | 7.22.3 | 4 |
| 3363 | Vicky Logan | | F | f40 | 7.23.2 | 5 |
| 3404 | Emma Parsons | Forest of Dean AC | F | F40 | 7.26.1 | 6 |
| 3358 | Suzanne Peters | Forest of Dean AC | F | F50 | 7.27.0 | 3 |
| 3389 | Ross Denison | Forest of Dean AC | M | senior | 7.29.4 | 13 |
| 3406 | Vicki Hewlett | | F | F50 | 7.38.1 | 4 |
| 3405 | Chloe Powles | Forest of Dean AC | F | senior | 7.39.4 | 6 |
| 3382 | Andrew Knott | Forest of Dean AC | M | senior | 7.43.8 | 14 |
| 3397 | Michael Bryant | Newent Runners | M | M50 | 7.51.9 | 5 |
| 3341 | Julia Evans | Forest of Dean AC | F | F40 | 7.52.1 | 7 |
| 3326 | Donna Sheen | Forest of Dean AC | F | senior | 7.52.2 | 7 |
| 3394 | Eva Goodhead | Forest of Dean AC | F | F40 | 7.57.9 | 8 |
| 3336 | Liselette Adams | Forest of Dean AC | F | senior | 8.03.3 | 8 |
| 3331 | Vicky Wilson | Forest of Dean AC | F | senior | 8.06.3 | 9 |
| 3381 | Mandy Knott | Forest of Dean AC | F | F40 | 8.09.8 | 9 |

| | | | | | | |
|------|-----------------|-------------------|---|--------|---------|----|
| 3401 | John James | Severn AC | M | M60 | 8.23.3 | 2 |
| 3370 | Bev James | Forest of Dean AC | F | F50 | 8.53.7 | 5 |
| 3392 | Lisa Bolster | Forest of Dean AC | F | senior | 8.53.7 | 10 |
| 3371 | Debbie Woodward | Forest of Dean AC | F | F40 | 8.56.3 | 10 |
| 3347 | Claire Lavender | Forest of Dean AC | F | senior | 9.36.3 | 11 |
| 3398 | Angela Sonn | Forest of Dean AC | F | f50 | 9.36.3 | 6 |
| 3373 | Hayley Elsmoore | | F | F40 | 11.59.3 | 11 |
| 3369 | Ian James | Forest of Dean AC | M | M60 | DNF | |