

| Position | time | name | | club |
|-----------------|-------------|-------------|-----------|-----------------------|
| 1 | 0:37'07. | Nick | Hardy | Unattached |
| 2 | 0:37'38. | Alan | Ford | Barnsley Harriers |
| 3 | 0:38'37. | A | McQue | Unattached |
| 4 | 0:39'36. | Luke | Davis | Maltby RC |
| 5 | 0:39'59. | Steve | Marshall | Rotherham HAC |
| 6 | 0:41'07. | Lewis | Hopkinson | Newark Striders |
| 7 | 0:41'17. | Matt | Walker | Durham City Harriers |
| 8 | 0:41'25. | Mariusz | Felczerek | Doncaster AC |
| 9 | 0:41'27. | Colin | Osborne | Totley AC |
| 10 | 0:42'16. | James | Biggin | Unattached |
| 11 | 0:43'09. | Stephen | Crownshaw | Killamarsh Kestrels |
| 12 | 0:43'20. | Steve | Lowndes | Kimberworth Striders |
| 13 | 0:43'27. | Kevin | Doyle | Kimberworth Striders |
| 14 | 0:43'53. | Rob | Betts | Steel City Striders |
| 15 | 0:43'55. | Adam | Cotterill | Doncaster AC |
| 16 | 0:43'58. | Alex | Moseley | Doncaster AC |
| 17 | 0:44'00. | William | Stewart | Halifax Harriers |
| 18 | 0:44'16. | Simon | Foster | Retford AC |
| 19 | 0:44'24. | Adam | Briggs | Steel City Striders |
| 20 | 0:44'31. | Andrew | Teasdale | Doncaster AC |
| 21 | 0:44'53. | David | Stunell | Eye Community Runners |
| 22 | 0:45'01. | Phil | Martin | Kimberworth Striders |
| 23 | 0:45'21. | Steve | Fowler | Barnsley Harriers |
| 24 | 0:45'27. | Andrew | Mellor | Unattached |
| 25 | 0:45'31. | David | Mellor | Unattached |
| 26 | 0:46'04. | April | Caufield | Halifax Harriers AC |
| 27 | 0:46'30. | Mark | Goodison | Totley AC |
| 28 | 0:46'34. | Josie | Cram | Unattached |
| 29 | 0:47'13. | Warren | Preen | Unattached |
| 30 | 0:47'42. | Paddy | Treehowes | Steel City Striders |
| 31 | 0:47'46. | James | Grant | Pontefract AC |
| 32 | 0:47'57. | Keith | Charles | Rotherham HAC |
| 33 | 0:48'06. | Gregory | Skelton | Pontefract AC |
| 34 | 0:48'18. | Matthew | Burgon | Steel City Striders |
| 35 | 0:48'24. | Keith | Bell | Steel City Striders |
| 36 | 0:48'28. | John | Henry | Unattached |
| 37 | 0:48'35. | Liz | Lewin | Totley AC |
| 38 | 0:49'21. | Christopher | Keeler | Kimberworth Striders |
| 39 | 0:49'24. | John | Galloway | Barnsley Harriers |
| 40 | 0:49'25. | James | Butler | Unattached |
| 41 | 0:49'26. | David | Scully | Danum Harriers RC |
| 42 | 0:49'28. | Malcolm | Senior | Kimberworth Striders |
| 43 | 0:49'29. | Paul | Bond | Doncaster AC |
| 44 | 0:49'53. | Jonathan | Jones | Danum Harriers RC |
| 45 | 0:50'00. | Malc | Leggett | Unattached |
| 46 | 0:50'02. | Christopher | Lilley | Kimberworth Striders |
| 47 | 0:50'05. | Sarah | Allcard | Steel City Striders |
| 48 | 0:50'19. | Julia | Johnson | Penistone FR |

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| 49 | 0:50'22. | Jerry | Fisher | Barnsley Harriers |
| 50 | 0:50'30. | Todd | Needham-Holliday | Unattached |
| 51 | 0:50'45. | Ben | Hales | Danum Harriers RC |
| 52 | 0:50'52. | Paul | Hercock | Unattached |
| 53 | 0:51'01. | Lee | Macdonald | Barnsley Harriers |
| 54 | 0:51'03. | Michael | Plant | Danum Harriers RC |
| 55 | 0:51'05. | Anne | Hegarty | Totley AC |
| 56 | 0:51'12. | Marie-Louise | Taylor | Doncaster AC |
| 57 | 0:51'15. | Ben | Clark | Unattached |
| 58 | 0:51'20. | Jeff | Clark | Barnsley Harriers |
| 59 | 0:51'33. | Martin | Smithurst | Unattached |
| 60 | 0:51'34. | Emma | Cowley | Handsworth Roadhogs |
| 61 | 0:51'35. | Anton | Newell | Sutton -in-Ashfield Harriers |
| 62 | 0:51'36. | Kevin | Megson | Totley AC |
| 63 | 0:51'40. | Stuart | Lindsay | Doncaster AC |
| 64 | 0:51'44. | Neil | Cosgrove | Danum Harriers RC |
| 65 | 0:51'45. | Martin | Hughes | Penistone FR |
| 66 | 0:51'48. | Rachel | Biggin | Totley AC |
| 67 | 0:51'52. | Katiemarie | Roberts | Barnsley Harriers |
| 68 | 0:52'00. | Nick | Goddard | Unattached |
| 69 | 0:52'14. | Louise | Hartshorn | Unattached |
| 70 | 0:52'16. | Jason | Parsons | Unattached |
| 71 | 0:52'18. | Jeremy | Borrill | Lakeside Lincoln RC |
| 72 | 0:52'23. | Amy | Ogden | Worksop Harriers |
| 73 | 0:52'29. | John | Harrison | Worksop Harriers |
| 74 | 0:52'37. | Gail | Barber | Maltby RC |
| 75 | 0:52'38. | Gary | Talbot | Roberttown Road Runners |
| 76 | 0:52'48. | Charlotte | Jones | Worksop Harriers |
| 77 | 0:52'50. | Mark | Webster | Doncaster AC |
| 78 | 0:52'57. | Seth | Kirby | Steel City Striders |
| 79 | 0:53'11. | Jules | Carrington | Unattached |
| 80 | 0:53'30. | Claire | Chapman | Kimberworth Striders |
| 81 | 0:53'44. | Jim | Staveley | Worksop Harriers |
| 82 | 0:53'48. | Catherine | Sharma | Unattached |
| 83 | 0:53'52. | Thomas | Lawcock | Barnsley Harriers |
| 84 | 0:53'58. | Stuart | Mccluskie | Worksop Harriers |
| 85 | 0:54'02. | Chris | O'Donnell | Ripley RC |
| 86 | 0:54'07. | Rachel | Jardine | Barnsley Harriers |
| 87 | 0:54'10. | Sara | Burdes | Holme Pierrepont RC |
| 88 | 0:54'14. | Ian | Bradbury | Unattached |
| 89 | 0:54'16. | Deborah | Lodge | Unattached |
| 90 | 0:54'21. | Darrell | Harrison | Barnsley AC |
| 91 | 0:54'22. | Matt | Ridge | Unattached |
| 92 | 0:54'24. | Peter | McEvoy | Denby Dale AC |
| 93 | 0:54'37. | Jonathan | Brough | Maltby RC |
| 94 | 0:54'41. | Dan | Nightingale | Unattached |
| 95 | 0:55'15. | Tom | Preece | Unattached |
| 96 | 0:55'36. | Stewart | McGough | Unattached |
| 97 | 0:55'44. | David | Bulmer | Worksop Harriers |

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| 98 | 0:55'52. | Catherine | Mhembere | Worksop Harriers |
| 99 | 0:56'00. | Mick | Fells | Doncaster Triathlon Club |
| 100 | 0:56'01. | Paul | Beattie | Unattached |
| 101 | 0:56'02. | David | Hartshorn | Unattached |
| 102 | 0:56'04. | Nick | Newman | Doncaster AC |
| 103 | 0:56'05. | Justyna | Felczerek | Doncaster AC |
| 104 | 0:56'07. | James | Shaw | Barnsley Harriers |
| 105 | 0:56'11. | Nicola | Glover | Beverley AC |
| 106 | 0:56'14. | Stephen | Burnley | Barnsley Harriers |
| 107 | 0:56'16. | Kate | Black | Lakeside Lincoln RC |
| 108 | 0:56'25. | Michael | Gray | Unattached |
| 109 | 0:56'27. | Kelly | Ford | Barnsley Harriers |
| 110 | 0:56'33. | Dean | Catley | Kimberworth Striders |
| 111 | 0:56'39. | Amanda | Fowler | Barnsley Harriers |
| 112 | 0:56'43. | Simon | Gott | Unattached |
| 113 | 0:56'47. | Tracy | Tuplin | Danum Harriers RC |
| 114 | 0:56'59. | Harold | Pearson | Unattached |
| 115 | 0:57'08. | Chris | Ross | Unattached |
| 116 | 0:57'18. | Kylie | McAteer | Unattached |
| 117 | 0:57'29. | Jonathan | Matthews | Unattached |
| 118 | 0:57'31. | Joanne | Derx | Danum Harriers RC |
| 119 | 0:57'38. | Suzanne | Combes | Unattached |
| 120 | 0:57'41. | Simon | Barnes | Unattached |
| 121 | 0:57'43. | Steve | Ebbage | Rushcliffe AC |
| 122 | 0:57'44. | Paul | Cusson | Unattached |
| 123 | 0:57'47. | Jim | Carley | Unattached |
| 124 | 0:57'47. | Daniel | Scott | Worksop Harriers |
| 125 | 0:57'49. | Bev | Clark | Barnsley Harriers |
| 126 | 0:57'51. | Brad | Black | Unattached |
| 127 | 0:57'53. | Samantha | Sanders | Unattached |
| 128 | 0:57'56. | Michael | Thompson | Unattached |
| 129 | 0:58'01. | ASHLEY | BARWICK | Rother Valley Swallows |
| 130 | 0:58'13. | Brian | Ward | Kingstone RC |
| 131 | 0:58'20. | John | Hewitt | Barnsley Harriers |
| 132 | 0:58'21. | Lucy | Woodward | Steel City Striders |
| 133 | 0:58'27. | Miles | Goulding | Unattached |
| 134 | 0:58'27. | Keim | Lindley | Danum Harriers RC |
| 135 | 0:58'31. | Ian | Walker | Team Manvers |
| 136 | 0:58'43. | Jonathan | Whitehorne | Unattached |
| 137 | 0:58'45. | Louise | Smith | Unattached |
| 138 | 0:59'15. | Barbara | Hudson | Killamarsh Kestrels |
| 139 | 0:59'19. | Richard | Elderkin | Unattached |
| 140 | 0:59'23. | Allan | Johnson | Lincoln Lakeside |
| 141 | 0:59'26. | Rich | Cotton | Unattached |
| 142 | 0:59'30. | Mark | Wilkinson | Unattached |
| 143 | 0:59'31. | Pamela | Brooks | Worksop Harriers |
| 144 | 0:59'42. | Laura | Pearson | Unattached |
| 145 | 0:59'48. | Caroline | Wills | Lakeside Lincoln |
| 146 | 0:59'49. | David | Pickles | Unattached |

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| 147 | 0:59'49. | Daniel | Lee | Unattached |
| 148 | 1:00'03. | Jeremy | Hill | Unattached |
| 149 | 1:00'04. | Gail | Kirk | Unattached |
| 150 | 1:00'06. | Cher | Sutton | Unattached |
| 151 | 1:00'17. | Dawn | Goodings | Doncaster AC |
| 152 | 1:00'22. | Sally | Bulmer | Worksop Harriers |
| 153 | 1:00'26. | Aidan | Glover | Beverley AC |
| 154 | 1:00'28. | David | Ward | Mansfield Harriers |
| 155 | 1:00'30. | Michael | Smith | Woodthorpe Huffers & Puffers |
| 156 | 1:00'35. | Thomas | Charles | Rotherham HAC |
| 157 | 1:00'37. | Martin | Train | Unattached |
| 158 | 1:00'40. | Justin | Goodwin | Unattached |
| 159 | 1:00'44. | Sarah | Shelton | Barnsley Harriers |
| 160 | 1:00'58. | Rosie | Jones | Danum Harriers RC |
| 161 | 1:00'59. | Emily | Sallabank | Unattached |
| 162 | 1:01'02. | Stephen | Gibson | Unattached |
| 163 | 1:01'03. | Anna | Lowe | Steel City Striders |
| 164 | 1:01'07. | Alison | Ramsay | Unattached |
| 165 | 1:01'11. | Laura | Clark | Danum Harriers RC |
| 166 | 1:01'24. | Sarah | Everett | Denby Dale AC |
| 167 | 1:01'37. | Nick | Marsden | Unattached |
| 168 | 1:01'46. | Philip | Kirkham | Barton and District AC |
| 169 | 1:02'10. | Bridie | Munton | Unattached |
| 170 | 1:02'20. | Paul | Wheatley | Barnsley Harriers |
| 171 | 1:02'30. | Emma | Taylor | Unattached |
| 172 | 1:02'32. | Amelia | Bovill | Unattached |
| 173 | 1:02'37. | Jamie | Merrills | Retford AC |
| 174 | 1:02'39. | John | Whelan | Lonely Goat RC |
| 175 | 1:02'39. | Gemma | Murphy | Unattached |
| 176 | 1:02'44. | Alison | Taylor | Unattached |
| 177 | 1:02'59. | Peter | Thomas | Unattached |
| 178 | 1:03'16. | Fiona | Earl | Kimberworth Striders |
| 179 | 1:03'17. | Earl | Lever | Kimberworth Striders |
| 180 | 1:03'29. | David | James | Lonely Goat RC |
| 181 | 1:03'31. | Paul | Kelly | Unattached |
| 182 | 1:04'00. | Rebecca | Dobinson | Unattached |
| 183 | 1:04'03. | Karen | Brocklebank-Lambe | Doncaster Triathlon Club |
| 184 | 1:04'04. | Lucy | Crayston | Doncaster AC |
| 185 | 1:04'16. | Diane | Polwin | Doncaster AC |
| 186 | 1:04'17. | David | Ramsbotham | Unattached |
| 187 | 1:04'18. | Sally | Staveley | Worksop Harriers |
| 188 | 1:04'23. | Jillian | McCague | Unattached |
| 189 | 1:04'23. | Sarah | Morgan | Worksop Harriers |
| 190 | 1:04'24. | Charlotte | Hussey | Unattached |
| 191 | 1:04'25. | Julie | Cull | Doncaster AC |
| 192 | 1:04'27. | Norman | Roper | Denby Dale AC |
| 193 | 1:04'28. | Paula | Mills | Barnsley Harriers |
| 194 | 1:04'30. | Kay | Conway | Barnsley Harriers |
| 195 | 1:04'31. | Victoria | Cartwright | Unattached |

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| 196 | 1:04'45. | Caroline | Burns | Unattached |
| 197 | 1:05'04. | Alasdair | Wills | Lakeside Lincoln RC |
| 198 | 1:05'22. | Helen | Andrews | Barnsley Harriers |
| 199 | 1:05'30. | Keith | Binney | Barnsley AC |
| 200 | 1:05'35. | Kim | Bailey | Unattached |
| 201 | 1:05'36. | Kath | O'Keefe | Unattached |
| 202 | 1:05'46. | Dawn | Jackson | Unattached |
| 203 | 1:06'25. | Ruth | White | Unattached |
| 204 | 1:06'35. | Siobhan | O'Brien | Unattached |
| 205 | 1:06'48. | Lisa | Isam | Barnsley Harriers |
| 206 | 1:06'50. | Phil | Sykes | Unattached |
| 207 | 1:06'53. | A | Carter | Clowne RR |
| 208 | 1:06'55. | Adrian | Good | Steel City Striders |
| 209 | 1:06'55. | Jay ne | Manley | Barnsley AC |
| 210 | 1:07'02. | Helen | Ry ab | Drif field Striders |
| 211 | 1:07'13. | Helen | Wright | Penistone FR |
| 212 | 1:07'16. | Karen | Holmes | Notts Women Runners |
| 213 | 1:07'26. | Bridget | Boutell | Unattached |
| 214 | 1:07'33. | Ly nsey | Murray | Rother Valley Swallows |
| 215 | 1:08'07. | Dav id | Needham | Penistone FR |
| 216 | 1:08'08. | Zoe | Dickenson | Steel City Striders |
| 217 | 1:08'15. | John | Long | East Hull Harriers |
| 218 | 1:08'20. | Ann | Long | East Hull Harriers |
| 219 | 1:08'21. | Jay ne | Galloway | Barnsley Harriers |
| 220 | 1:08'22. | Kev in | Tate | Unattached |
| 221 | 1:08'41. | Kerry | Dickinson | Worksop Harriers |
| 222 | 1:09'03. | Rachel | Coyle | Scunthorpe & District AC |
| 223 | 1:09'20. | Caryl | Hartwright | Totley AC |
| 224 | 1:09'26. | Janet | Cawley | Lincoln WAC |
| 225 | 1:09'28. | Emily -Rose | Maule | Retford AC |
| 226 | 1:09'49. | Rachel | Gray | Barnsley Harriers |
| 227 | 1:09'50. | Norma | Wright | Barnsley Harriers |
| 228 | 1:09'57. | Darren | Why man | Doncaster AC |
| 229 | 1:10'03. | JANET | POWELL | Doncaster AC |
| 230 | 1:10'24. | Christine | Beattie | Unattached |
| 231 | 1:10'36. | Sally | Gray | Barnsley Harriers |
| 232 | 1:11'01. | Claire | Larner | Danum Harriers RC |
| 233 | 1:11'01. | Joanne | Waugh | Danum Harriers RC |
| 234 | 1:11'06. | Nicola | Cosgrove | Danum Harriers RC |
| 235 | 1:11'30. | Nikki | Speck | Danum Harriers RC |
| 236 | 1:11'42. | Ian | Nicholson | Rushcliffe AC |
| 237 | 1:12'26. | Malcolm | Rhodes | Rotherham HAC |
| 238 | 1:12'43. | Anne | Gilroy | Lincoln WAC |
| 239 | 1:12'52. | Sharon | Schofield | Barnsley Harriers |
| 240 | 1:13'36. | Sarah | Garside | Unattached |
| 241 | 1:13'39. | Jonathan | Ogden | Unattached |
| 242 | 1:14'05. | Tina | Bell | Kimberworth Striders |
| 243 | 1:14'16. | Katrina | D'Netto | Barnsley Harriers |
| 244 | 1:14'27. | Delia | Higgins | Worksop Harriers |

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| 245 | 1:15'27. | Maria | Hutchinson | Unattached |
| 246 | 1:15'49. | Kathleen | Taylor | Barnsley Harriers |
| 247 | 1:15'49. | Caroline | Batty | Barnsley Harriers |
| 248 | 1:15'50. | Eleanor | Bull | Steel City Striders |
| 249 | 1:16'01. | Katie | Cadwell | Barnsley Harriers |
| 250 | 1:16'22. | Tracey | Graney | Unattached |
| 251 | 1:17'37. | Stephen | Charles | Rotherham HAC |
| 252 | 1:18'22. | Sue | Woodcock | Rawmarsh Runners |
| 253 | 1:18'23. | Diane | Grindrod | Rawmarsh Runners |
| 254 | 1:18'24. | Heather | Jerrard | Rawmarsh |
| 255 | 1:18'50. | Nicki | Goodwin | Unattached |
| 256 | 1:19'30. | Brian Robert | Stone | Holme Pierrepont RC |
| 257 | 1:19'51. | Jackie | Johnson | Rawmarsh Runners |
| 258 | 1:19'53. | Terry | Lovett | Unattached |
| 259 | 1:22'26. | Gill | Kaylor | Unattached |
| 260 | 1:22'37. | Elaine | Green | Doncaster AC |
| 261 | 1:22'38. | Tracie | Whyman | Doncaster AC |
| 262 | 1:22'52. | Alicia Jane | Goodchild | Unattached |
| 263 | 1:22'52. | Paul | Heron | Unattached |
| 264 | 1:24'50. | Anna | Roberts | Unattached |
| 265 | 1:25'20. | Angela | McJannet | Rawmarsh Runners |
| 266 | 1:25'53. | Jane | Gray | Unattached |
| 267 | 1:27'11. | Yvonne | Mills | Kimberworth Striders |
| 268 | 1:35'03. | Jayne | Owens | Unattached |
| 269 | 1:41'48. | Mel | Ross | Rawmarsh Runners |
| 270 | 1:45'40. | Ruth | Murray | Unattached |
| 271 | 1:45'53. | Sam | Springthorpe | Maltby RC |