| pos | raceno | name | time | category | catpos | gender | club |
|-----|--------|----------------------|----------|----------|--------|--------|----------------------------------|
| 1 | 45 | Rikki James | 00:15:14 | SM | 1 | Male | Southampton AC |
| 2 | 6 | Thomas Beasley | 00:16:03 | U20M | 1 | Male | Havant AC |
| 3 | 154 | Oscar Tipping | 00:16:33 | U20M | 2 | Male | Havant AC |
| 4 | 97 | Joe Walton | 00:16:36 | SM | 2 | Male | Taunton AC |
| 5 | 155 | | 00:16:36 | U20M | 3 | Male | Havant AC |
| 6 | 111 | Jenson Howard | 00:16:47 | SM | 3 | Male | Havant AC |
| 7 | 71 | Niclas Olley | 00:16:49 | U17M | 1 | Male | Southampton Athletics Club |
| 8 | 93 | Charles Taylor | 00:16:51 | SM | 4 | Male | City of Portsmouth |
| 9 | 159 | Jamie Rendall | 00:17:00 | VM35 | 1 | Male | Winchester Running Club |
| 10 | 13 | Thomas Caffyn | 00:17:11 | SM | 5 | Male | Run Academy Worthing |
| 11 | 98 | Matthew Webster-Hart | 00:17:28 | SM | 6 | Male | Croxtons run club |
| 12 | 68 | Leon Newnham | 00:17:41 | U20M | 4 | Male | Ryde Harriers |
| 13 | | | 00:17:42 | VM40 | 1 | Male | Havant AC |
| 14 | 117 | Oliver Craig | 00:17:43 | SM | 7 | Male | Denmead Striders |
| 15 | 106 | | 00:17:44 | VW35 | 1 | Female | Southampton Athletic Club |
| 16 | 1 | Simon Avery | 00:17:46 | U15B | 1 | Male | Olympia |
| 17 | 74 | Carwyn Owen | 00:17:49 | SM | 8 | Male | |
| 18 | 75 | Tony Parker | 00:17:52 | VM35 | 2 | Male | ВМНАС |
| 19 | 32 | Jon Grave | 00:17:56 | VM40 | 2 | Male | Inspire Runners Chichester |
| 20 | 44 | Jack Ingleby | 00:18:06 | U17M | 2 | Male | City of Portsmouth Athletic Club |
| 21 | | Andrew Turner | 00:18:10 | VM60 | 1 | Male | Liss Runners |
| 22 | 79 | Henry Piper | 00:18:12 | U20M | 5 | Male | |
| 23 | | Michael Caffyn | 00:18:13 | SM | 9 | Male | Run Academy Worthing |
| 24 | 62 | Andrew Meredith | 00:18:19 | SM | 10 | Male | Denmead Striders |
| 25 | 156 | Alex Priston | 00:18:34 | U17M | 3 | Male | Havant AC |
| 26 | 105 | Erin Willmers | 00:18:36 | VW35 | 2 | Female | Winchester Running Club |
| 27 | 152 | Amelia Thomas | 00:18:39 | U15G | 1 | Female | City of Portsmouth |
| 28 | 65 | Nikki Moxham | 00:18:44 | VW50 | 1 | Female | Gosport road runners |
| 29 | 102 | Max Wilding | 00:18:46 | U17M | 4 | Male | Olympia Athletics |
| 30 | 53 | Eliseo La Monaca | 00:19:04 | U15B | 2 | Male | City of Portsmouth |
| 31 | 153 | Oren Lyons | 00:19:06 | U17B | 1 | Male | City of Portsmouth |
| 32 | 50 | James Keegan | 00:19:19 | U17M | 5 | Male | Havant AC |
| 33 | 101 | Hugh Wheelwright | 00:19:21 | SM | 11 | Male | |
| 34 | 59 | Steve Marcer | 00:19:25 | VW45 | 1 | Female | Southampton AC |
| 35 | 157 | Richard Turner | 00:19:30 | VM60 | 2 | Male | Victory AC |
| 36 | 39 | Michael Hill | 00:19:31 | VM45 | 1 | Male | Basingstoke and Mid Hants AC |
| 37 | 63 | Amanda Miles | 00:19:38 | VW40 | 1 | Female | Southampton Athletic Club |
| 38 | 115 | Dave Colwell | 00:19:42 | VM45 | 2 | Male | Vegan Runners UK |
| 39 | 35 | Mark Hargreaves | 00:20:18 | VM65 | 1 | Male | City of Portsmouth AC |
| 40 | 4 | Romilly Baker | 00:20:20 | U13G | 1 | Female | City of Portsmouth AC |
| 41 | 104 | Martin Williams | 00:20:23 | VM60 | 3 | Male | City of Portsmouth AC |
| 42 | 78 | Amanda Pinckney | 00:20:36 | VW45 | 2 | Female | Totton running club |
| 43 | 107 | Samuel Winton | 00:20:52 | SM | 12 | Male | City of Portsmouth AC |
| 44 | 116 | Franklyn Young | 00:20:56 | VM60 | 4 | Male | City of Salisbury |
| 45 | 42 | James Iacovou | 00:21:00 | VM35 | 3 | Male | |
| 46 | 151 | Isla Sanders | 00:21:04 | U15G | 2 | Female | City of Portsmouth |
| 47 | 85 | Mahmood Roostaei | 00:21:07 | VM50 | 1 | Male | Havant |
| 48 | 22 | Peter Davies | 00:21:10 | VM55 | 1 | Male | |
| 49 | 37 | Jane Harrop | 00:21:12 | VW60 | 1 | Female | Chichester Runners and AC |
| 50 | 34 | Chris Hardman | 00:21:23 | VM40 | 3 | Male | |
| 51 | | • | 00:21:33 | VW55 | 1 | Female | Romsey road runners |
| 52 | 118 | Chris Scallon | 00:21:51 | VM40 | 4 | Male | |
| 53 | | Marc Bostock | 00:22:26 | VW40 | 2 | Female | Weston AC |
| 54 | | Adam Shaw | 00:22:29 | U13G | 2 | | Portsmouth |
| 55 | | Finn Smith | 00:22:35 | U13G | 3 | | Portsmouth athletics |
| 56 | | Neil Tolfrey | 00:22:40 | VM55 | 2 | | Portsmouth Triathletes |
| 57 | 119 | Charlie Fuller | 00:22:43 | VM35 | 4 | Male | Croxton |

| 58 | 51 | James Kettlety | 00:22:50 | SM | 13 | Male | City of Salisbury Athletics & running club (COSARC) |
|----|-----|-----------------------|----------|------|----|--------|---|
| 59 | 54 | Kierran Lakeland | 00:22:54 | VM35 | 5 | Male | Olympia Athletics |
| 60 | 33 | Louise Griffin | 00:23:12 | VW40 | 3 | Female | Vegan Runner UK |
| 61 | 66 | Paul Nelson | 00:23:12 | VM50 | 2 | Male | |
| 62 | 43 | Paul Ingleby | 00:23:19 | VM50 | 3 | Male | City of Portsmouth Athletic Club |
| 63 | 3 | Morgan Baker | 00:23:22 | U13B | 1 | Male | City of Portsmouth AC |
| 64 | 46 | Anthony Johns | 00:23:26 | VM60 | 5 | Male | Portsmouth Triathletes |
| 65 | 67 | Kim Nelson | 00:23:32 | VW55 | 2 | Female | Chichester Runners |
| 66 | 150 | Felicity Simpson | 00:23:34 | U13G | 4 | Female | City of Portsmouth |
| 67 | 15 | John Carnaghan | 00:24:05 | VM55 | 3 | Male | |
| 68 | 89 | Samantha Smith | 00:24:08 | VW50 | 2 | Female | City of Portsmouth |
| 69 | 12 | Andrew Brune | 00:24:26 | VM35 | 6 | Male | Portsmouth Outdoor Fitness Club |
| 70 | 160 | Amy Brooks | 00:24:40 | SW | 1 | Female | Havant AC |
| 71 | 64 | Darren Moore | 00:24:46 | VM55 | 4 | Male | |
| 72 | 86 | Clare Ryan | 00:24:48 | VW45 | 3 | Female | Denmead Striders |
| 73 | 103 | Erin Wilding | 00:25:09 | U15G | 3 | Female | Olympia Athletics |
| 74 | 72 | Jacee Outen | 00:25:13 | U13G | 5 | Female | City of portsmouth ac |
| 75 | 55 | Kristian Law | 00:26:07 | VM35 | 7 | Male | |
| 76 | 8 | Elizabeth Bilham | 00:26:15 | SW | 2 | Female | Bognor Regis Tone Zone Runners |
| 77 | 11 | Jodie Brett | 00:26:24 | VW35 | 3 | Female | |
| 78 | 58 | Robbie MacNab | 00:26:26 | VM50 | 4 | Male | Hedge End Running Club |
| 79 | 91 | Mike Smith | 00:26:32 | VM75 | 1 | Male | Hardley Runners |
| 80 | 61 | Colin McPhie | 00:26:48 | VM55 | 5 | Male | Harmeny AC |
| 81 | 95 | Clive Tucker | 00:27:46 | VM60 | 6 | Male | Baffins Fit Club |
| 82 | 16 | Paul Carter | 00:28:00 | VM60 | 7 | Male | Havant AC |
| 83 | 60 | Gary McCawley | 00:28:10 | VM55 | 6 | Male | Denmead Striders |
| 84 | 112 | Damien Restall | 00:28:10 | VM40 | 5 | Male | Denmead striders |
| 85 | 21 | Hollie Dalton | 00:28:11 | SW | 3 | Female | |
| 86 | 158 | Charlie Pearson | 00:29:09 | U17M | 6 | Male | City of Portsmouth |
| 87 | 161 | Olivia Serjent | 00:29:09 | U17G | 1 | Female | City of Portsmouth |
| 88 | 2 | Sue Baker | 00:29:36 | VW65 | 1 | Female | Chichester Runners & A.C |
| 89 | 77 | Laura Paskeviciute | 00:30:49 | VW40 | 4 | Female | |
| 90 | 24 | Julie Dinwoodie | 00:30:59 | VW60 | 2 | Female | Stubbington Green Runners |
| 91 | 82 | James Rogers | 00:31:00 | VM40 | 6 | Male | |
| 92 | 83 | Elliott Rogers | 00:31:00 | U13G | 6 | Female | |
| 93 | 73 | Oleksandra Ovcharenko | 00:32:03 | VW35 | 4 | Female | |
| 94 | 19 | Louise Cranston | 00:32:53 | SW | 4 | Female | |
| 95 | 7 | Grace Benjamin | 00:33:36 | SW | 5 | Female | |
| 96 | 81 | Charlie Rogers | 00:36:10 | U13G | 7 | Female | |
| 97 | 84 | Rebecca Rogers | 00:36:11 | SW | 6 | Female | |