

Sheet1

Pos	RaceNo	Time	Name	Club
1	3105	00:28:17	Jonny Hay	Aldershot Farnham & District
2	3390	00:28:49	Richard Goodman	Shaftesbury Barnet Harriers
3	3200	00:28:52	Ben Connor	Derby AC
4	3296	00:29:04	Matthew Wright	Loughborough Students AC
5	3453	00:29:20	Andy Combs	Tonbridge AC
6	3101	00:29:21	Ian Bailey	Aldershot Farnham & District
7	3377	00:29:23	Jamie Roden	Sale Harriers Manchester
8	3197	00:29:26	Thomas Bishop	Derby AC
9	3297	00:29:31	Daniel Clorley	Luton AC
10	3462	00:29:32	Steven Bayton	University of Sheffield AC
11	3395	00:29:41	Jake Shelley	Shaftesbury Barnet Harriers
12	3289	00:29:41	Toby Loveridge	Liverpool Pembroke & Sefton H AC
13	3259	00:29:42	Elliott Palmer	Ipswich Harriers
14	3193	00:29:46	Matt Salt	Dacorum & Tring AC
15	3440	00:29:57	Matthew Withey	Stroud & District AC
16	3214	00:30:00	Philip Hurst	Elswick Harriers
17	3316	00:30:00	Harun Abdi	Newham & Essex Beagles
18	3102	00:30:02	Adam Clarke	Aldershot Farnham & District
19	3425	00:30:05	Kyle Fowler	Staffordshire Moorlands AC
20	3361	00:30:06	Ralph Street	Ranelagh Harriers
21	3232	00:30:10	Joe Gratton	Hallamshire Harriers
22	3269	00:30:12	Danny Douis	Leeds City AC
23	3196	00:30:14	David Bishop	Derby AC
24	3245	00:30:16	Liam White	Hercules Wimbledon AC
25	3435	00:30:23	Tom Curr	Stroud & District AC
26	3467	00:30:35	Andrew Clews	Vale Royal AC
27	3464	00:30:36	Kris Jones	University of Sheffield AC
28	3212	00:30:39	Christopher Kays	East Cheshire Harriers & Tameside AC
29	3301	00:30:39	Daniel Woodgate	Luton AC
30	3412	00:30:41	Jamie Knapp	Southampton AC
31	3439	00:30:41	Gregg Haliwell	Stroud & District AC
32	3312	00:30:43	Russell Best	New Marske Harriers
33	3381	00:30:43	Danny Schofield	Scarborough AC
34	3431	00:30:44	Jack Morris	Stockport Harriers & AC
35	3328	00:30:46	Blayne Dick	Notts AC
36	3236	00:30:48	Ross Skelton	Hastings AC
37	3271	00:30:49	Michael Wood	Leeds City AC
38	3322	00:30:51	Liam Markham	Newham & Essex Beagles
39	3436	00:30:52	Joseph Dagleish	Stroud & District AC
40	3476	00:30:54	Matthew Jackson	Warrington AC
41	3349	00:31:03	Alan Cherry	Oxford University AC
42	3391	00:31:05	Tadgh Grant	Shaftesbury Barnet Harriers
43	3147	00:31:07	William Gray	Brighton & Hove AC
44	3392	00:31:07	Euan McKenzie	Shaftesbury Barnet Harriers
45	3503	00:31:07	Alex Cornwell	Woodford Green AC with Essex Ladies
46	3460	00:31:13	James Taylor	Tonbridge AC
47	3244	00:31:15	Alex Robinson	Hercules Wimbledon AC
48	3478	00:31:17	Alex Dunbar	West Suffolk AC
49	3484	00:31:20	Max Kiralyfi	Winchester & District AC
50	3167	00:31:21	Samuel Densham	Charnwood AC
51	3473	00:31:22	Stephen Broadhurst	Warrington AC
52	3372	00:31:24	Rory Grant	Rugby & Northampton AC
53	3374	00:31:24	Callum Greenwood	Sale Harriers Manchester

Sheet1

54	3237	00:31:27	Max Thomas	Hastings AC
55	3300	00:31:28	Sean Still	Luton AC
56	3340	00:31:33	Danny Hallam	OWLS Leicester
57	3255	00:31:33	Jason Prickett	Invicta East Kent AC
58	3327	00:31:34	Tom Crowley	Notts AC
59	3314	00:31:35	Alex Muir	Newbury AC
60	3273	00:31:36	Chris Wright	Leeds City AC
61	3474	00:31:38	Daniel Cliffe	Warrington AC
62	3272	00:31:39	Dale Worton	Leeds City AC
63	3457	00:31:40	Will Mitham	Tonbridge AC
64	3417	00:31:40	Pat Vis	Southport Waterloo AC
65	3111	00:31:44	James Askew	Aycliffe RC
66	3238	00:31:48	Jamie Buckley-Stanton	Havering Mayesbrook AC
67	3138	00:31:51	Tom Carson	Bolton United Harriers
68	3421	00:31:52	John Ashcroft	St.Helens Sutton AC
69	3291	00:31:56	Jai Vernon-Mcguigan	Liverpool Pembroke & Sefton H AC
70	3217	00:31:58	Alex Jones	Enfield & Haringey AC
71	3367	00:32:00	Joseph Kelly	Rossendale Harriers & AC
72	3202	00:32:00	Niall Maguire	Derby AC
73	3187	00:32:01	Kieran Smith	City of York AC
74	3373	00:32:02	Niall Brooks	Sale Harriers Manchester
75	3438	00:32:03	Robert Galt	Stroud & District AC
76	3510	00:32:04	Jon Barnes	Wye Valley Runners
77	3477	00:32:05	Thomas Jervis	Warrington AC
78	3195	00:32:08	Nick Wood	Dartford Harriers AC
79	3456	00:32:09	Seb Harding	Tonbridge AC
80	3159	00:32:11	Matt Halliday	Cambridge University Hare & Hounds
81	3394	00:32:13	Jack Perry-Williams	Shaftesbury Barnet Harriers
82	3128	00:32:20	Paul Thompson	Birmingham RA & TC
83	3501	00:32:35	Jon-Philip Seymour	Wirral AC
84	3155	00:32:36	Sean Bowden	Bromsgrove & Redditch AC
85	3379	00:32:36	James Wignall	Sale Harriers Manchester
86	3122	00:32:37	Patrick Stuart	Bedford & County AC
87	3429	00:32:38	William Neil	Staffordshire Moorlands AC
88	3369	00:32:43	Kyle Craib	Rotherham Harriers & AC
89	3299	00:32:45	Tom Mead	Luton AC
90	3149	00:32:46	Kieron Silsby	Brighton & Hove AC
91	3479	00:32:47	Andrew Ridley	West Suffolk AC
92	3454	00:32:49	Tom Cox	Tonbridge AC
93	3451	00:32:49	Josh Bentham	Tonbridge AC
94	3130	00:32:49	Chris Matthews	Blackburn Harriers
95	3258	00:32:49	Ross Fawcett	Ipswich Harriers
96	3413	00:32:52	Tom Frith	Southend AC
97	3146	00:32:55	Jonathan Crickmore	Brighton & Hove AC
98	3410	00:33:05	Thomas Haynes	South Cheshire Harriers
99	3487	00:33:06	Nathan Ditton	Windsor Slough Eton & Hounslow AC
100	3182	00:33:10	Michael Harding	City of Stoke AC
101	3287	00:33:10	Mike Bride	Liverpool Pembroke & Sefton H AC
102	3275	00:33:12	Elliott Hart	Leicester Coritanian
103	3414	00:33:13	David Smale	Southend AC
104	3320	00:33:13	Nakole Iddirisu	Newham & Essex Beagles
105	3144	00:33:18	Henry Mitchell	Bracknell AC
106	3132	00:33:22	Stephen Cavey	Blackheath & Bromley Harriers
107	3165	00:33:34	Scott Baxter	Charnwood AC

Sheet1

108	3339	00:33:37	Ash Chambers	OWLS Leicester
109	3496	00:33:39	Ben Costello	Wirral AC
110	3452	00:33:39	Dan Bryant	Tonbridge AC
111	3475	00:33:41	James Ellis	Warrington AC
112	3219	00:33:42	Ben Trigg	Erme Valley Harriers
113	3107	00:33:43	Will Newnham	Aldershot Farnham & District
114	3500	00:33:49	Philip Robertson	Wirral AC
115	3432	00:33:50	Jack McMullen	Stratford on Avon AC
116	3229	00:33:53	Matthew Fellows	Guildford & Godalming AC
117	3311	00:33:55	Tom Rodgers	Nene Valley Harriers
118	3332	00:33:56	Daniel Mills	Nuneaton Harriers
119	3331	00:33:58	Paul Thompson	Notts AC
120	3164	00:33:59	Philip Pugh	Cannock & Stafford AC
121	3418	00:34:01	Ryan Dransfield	Spensborough & District AC
122	3134	00:34:03	Phillip Sesemann	Blackheath & Bromley Harriers
123	3230	00:34:07	Dan Cleary	Halesowen ACC
124	3115	00:34:11	Sam Bennett	Bedford & County AC
125	3309	00:34:14	Nathan Wilkins	Medway & Maidstone AC
126	3150	00:34:14	Matt Deacon	Bristol & West AC
127	3248	00:34:23	Sam Woods	Herne Hill Harriers
128	3302	00:34:23	Liam Bartlett	Manchester Harriers & AC
129	3157	00:34:26	William Mycroft	Cambridge & Coleridge AC
130	3175	00:34:27	Damian Rogers	City of Norwich AC
131	3276	00:34:28	Stephen Maddocks	Leicester Coritanian
132	3354	00:34:30	Alex Sampson	Poole AC
133	3449	00:34:31	Lee Whitehouse	Tipton Harriers
134	3346	00:34:33	Daniel Bianchi	Oxford Brookes Running & AC
135	3264	00:34:34	Paul Hodgson	Lancaster & Morecambe AC
136	3482	00:34:39	Jonathan Cornish	White Horse Harriers
137	3168	00:34:41	Andrew Kaighin	Cheltenham & County Harriers
138	3131	00:34:42	Ross Braden	Blackheath & Bromley Harriers
139	3345	00:34:42	Charlie Austin	Oxford Brookes Running & AC
140	3190	00:34:43	Daniel Hillman	Coventry Godiva Harriers
141	3397	00:34:47	Samuel Chambers	Sheffield RC
142	3305	00:34:50	Christopher Brown	Mansfield Harriers
143	3265	00:35:00	Andrew Warren	Lancaster & Morecambe AC
144	3386	00:35:03	Ollie Starkey	Severn AC
145	3495	00:35:06	David Brockway	Wirral AC
146	3218	00:35:12	Oliver Garrod	Epsom & Ewell Harriers
147	3492	00:35:13	Cameron Smart	Windsor Slough Eton & Hounslow AC
148	3450	00:35:15	Philip Wilson	Tipton Harriers
149	3256	00:35:22	James Reilly	Invicta East Kent AC
150	3176	00:35:32	Micah Rogers	City of Norwich AC
151	3415	00:35:34	David Gough	Southport Waterloo AC
152	3290	00:35:37	Edward Rimmer	Liverpool Pembroke & Sefton H AC
153	3321	00:35:43	David Kail	Newham & Essex Beagles
154	3455	00:35:44	John Dickinson	Tonbridge AC
155	3117	00:35:47	George Burkett	Bedford & County AC
156	3426	00:35:52	Thomas Haloway	Staffordshire Moorlands AC
157	3293	00:35:58	Mark Boot	Long Eaton RC
158	3156	00:36:36	Simon Lanckham	Bromsgrove & Redditch AC
159	3180	00:36:47	Joe Broome	City of Stoke AC
160	3459	00:36:49	Paul Southall	Tonbridge AC
161	3233	00:36:53	Matthew Driver	Harborough AC

Sheet1

162	3338	00:36:57	Jake Boat	OWLS Leicester
163	3278	00:37:19	Ryan Butler	Leigh Harriers & AC
164	3446	00:37:23	Sam Davies	Tipton Harriers
165	3191	00:37:27	Chris Bennet	Crewe & Nantwich AC
166	3466	00:37:28	Dave O'Farrell	Uttoxeter RR
167	3468	00:37:44	Andy Perry	Vale Royal AC
168	3181	00:37:53	Rob Cook	City of Stoke AC
169	3143	00:38:02	Sam London	Bracknell AC
170	3201	00:38:11	Matthew Hayes	Derby AC
171	3112	00:38:14	Sam Bevan	Basingstoke & Mid Hants AC
172	3508	00:38:23	Gregg Webb	Wreake Runners
173	3422	00:38:24	Ste Clague	St.Helens Sutton AC
174	3409	00:38:26	Sean Dyer	South Cheshire Harriers
175	3110	00:38:32	Warren Uden	Ashford AC
176	3318	00:38:42	Ridads Golsts	Newham & Essex Beagles
177	3447	00:39:03	Jon Hunt	Tipton Harriers
178	3137	00:39:14	Craig Birch	Blyth RC
179	3124	00:40:38	Hari Faulkner	Bexley AC
180	3330	00:40:57	Abdullah Nur	Notts AC
181	3254	00:42:12	Chris Little	Invicta East Kent AC
182	3465	00:42:20	Ben Cann	Uttoxeter RR
183	3364	00:43:13	Sam Wood	Richmond & Zetland Harriers