

Sheet1

Pos	RaceNo	Time	Name	Club
1	3636	00:08:47	George Elliott	Benfleet RC
2	4037	00:08:49	Hyden Burton	Teambath AC
3	3931	00:08:51	Christopher Brown	Oldham & Royton Harriers & AC
4	4039	00:08:51	Alex Burrows	Telford AC
5	3734	00:08:54	Joshua Schofield	City of York AC
6	3718	00:08:55	Ashley Waterson	City of Norwich AC
7	3650	00:08:56	William Richardson	Birchfield Harriers
8	3667	00:08:59	Stephen Ferroni	Brighton & Hove AC
9	4087	00:09:00	Sam Somerville	Wells City Harriers
10	3763	00:09:00	Hugo Milner	Derby AC
11	4019	00:09:01	Jack Gentle	St.Albans AC
12	3988	00:09:02	Bradley Yates	Sale Harriers Manchester
13	3837	00:09:02	Ben Dijkstra	Leicester Coritanian
14	3806	00:09:03	Jamie Dee	Herts Phoenix AC
15	3838	00:09:03	Sam Elliott	Leicester Coritanian
16	4068	00:09:03	Josh Laws	Trafford AC
17	3790	00:09:05	Luke Cooper	Hastings AC
18	4060	00:09:06	Euan Nicholls	Tonbridge AC
19	3835	00:09:07	George Bell	Leicester Coritanian
20	3643	00:09:07	Emile Caress	Bingley Harriers & AC
21	4061	00:09:08	Toby Ralph	Tonbridge AC
22	3843	00:09:09	Alfie Thompson	Leicester Coritanian
23	3883	00:09:09	Donnacha Maguire	Manchester Harriers & AC
24	4121	00:09:11	Canaan Solomon	Woodford Green AC with Essex Ladies
25	3865	00:09:13	Liam Bibby	Liverpool Pembroke & Sefton H AC
26	4052	00:09:13	Stuart Brown	Tonbridge AC
27	4064	00:09:15	Ryan Babcock	Trafford AC
28	4082	00:09:15	Daniel Evans	Warrington AC
29	3984	00:09:17	Christy O'brien	Sale Harriers Manchester
30	3767	00:09:17	Charlie Wyllie	Dorking & Mole Valley AC
31	3971	00:09:18	Shaun Evans	Royal Sutton Coldfield AC
32	3724	00:09:19	Jonathan Shields	City of Sheffield AC
33	3703	00:09:19	Henry Johnson	Chester-Le-Street AC
34	3665	00:09:19	Adam Robison	Bracknell AC
35	3907	00:09:21	Alex Hampsen	Nene Valley Harriers
36	3986	00:09:22	Adam Roden	Sale Harriers Manchester
37	4057	00:09:24	Tom Kendrick	Tonbridge AC
38	3768	00:09:24	Rowan Board	Ealing Southall & Middlesex AC
39	3800	00:09:24	Paul Burgess	Herne Hill Harriers
40	4029	00:09:25	Jay Hornby	Stockport Harriers & AC
41	3812	00:09:25	Lewis Byram	Holmfirth Harriers AC
42	3625	00:09:26	Tom Angell	Bedford & County AC
43	3895	00:09:26	Dominic Murphy	Marshall Milton Keynes AC
44	3603	00:09:26	Nathan Gibson	Aldershot Farnham & District
45	3799	00:09:26	Balfie Brown	Herne Hill Harriers
46	3887	00:09:27	Alex Rieley	Mansfield Harriers
47	3676	00:09:27	Rian McCawley	Camberley & District AC
48	3647	00:09:27	Daniel Kemp	Birchfield Harriers
49	3867	00:09:28	Jack Crook	Liverpool Pembroke & Sefton H AC
50	3975	00:09:29	Ben Musgrove	Rugby & Northampton AC
51	4120	00:09:30	Daniel Rowden	Woodford Green AC with Essex Ladies
52	3607	00:09:31	Charlie Mills	Aldershot Farnham & District
53	3679	00:09:31	Finn Barnes	Cambridge & Coleridge AC

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54	3661	00:09:32	Jake Lonsdale	Blackpool Wyre & Fylde AC
55	4092	00:09:32	Jason Haw	Winchester & District AC
56	4038	00:09:32	Alfie Kilgour	Teambath AC
57	4074	00:09:33	William Parsons	Vale Royal AC
58	3723	00:09:34	Alfie Manthorpe	City of Sheffield AC
59	3976	00:09:35	Kuran Wilson	Rugby & Northampton AC
60	3721	00:09:36	Joe Hibbert	City of Sheffield AC
61	4053	00:09:36	Chris Cohen	Tonbridge AC
62	3918	00:09:36	James Fradley	Newcastle Staffs AC
63	3663	00:09:37	Alex Clayton	Bracknell AC
64	3886	00:09:38	Archie Rayner	Mansfield Harriers
65	3960	00:09:38	Connor Richardson	Rossendale Harriers & AC
66	3774	00:09:38	George Lewis	East Cheshire Harriers & Tameside AC
67	3983	00:09:38	Euan Gilchrist	Sale Harriers Manchester
68	4095	00:09:39	George Bourne	Windsor Slough Eton & Hounslow AC
69	3897	00:09:40	Owen Seamark	Marshall Milton Keynes AC
70	3730	00:09:40	Tyler Hutchinson	City of York AC
71	3629	00:09:41	Frankie Jenkins	Bedford & County AC
72	3727	00:09:41	Ryan Lander	City of Stoke AC
73	3729	00:09:41	Joel Mann	City of Stoke AC
74	3698	00:09:41	Zach Meakin	Charnwood AC
75	3904	00:09:43	Christopher Wilson	Moston District Harriers & AC
76	4081	00:09:43	Ben Read	Wakefield District H & AC
77	3659	00:09:43	Bailey Stickings	Blackheath & Bromley Harriers
78	3789	00:09:44	Sam Edwards	Harborough AC
79	3782	00:09:44	Jack Holman	Halesowen ACC
80	3706	00:09:45	Sam Henning	Chiltern Harriers AC
81	3970	00:09:45	Jerome Austin	Royal Sutton Coldfield AC
82	3924	00:09:45	Peter Mumford	Notts AC
83	3623	00:09:46	Matthew Comer	Basingstoke & Mid Hants AC
84	3740	00:09:47	Sam Harris	Coventry Godiva Harriers
85	3967	00:09:47	Kane Smith	Rotherham Harriers & AC
86	3941	00:09:48	James Marchant	Pendle AC
87	3826	00:09:48	Jack Brothwell	Kingston upon Hull AC
88	3784	00:09:49	Joseph Hutchesson	Hallamshire Harriers
89	3944	00:09:49	Reagan Cooper	Poole Runners
90	3715	00:09:50	Alfie Linstead	City of Norwich AC
91	3701	00:09:50	Jacob Pickering	Cheltenham & County Harriers
92	4058	00:09:50	Luke Melvin	Tonbridge AC
93	3691	00:09:51	Archie Banks	Charnwood AC
94	3700	00:09:51	Henry Blanks	Chelmsford AC
95	3633	00:09:51	William Mullins	Bedford & County AC
96	3713	00:09:52	Jamie Finch	City of Norwich AC
97	3766	00:09:53	Dan Ashwood	Dorking & Mole Valley AC
98	3814	00:09:53	Aaron Kettlewell	Holmfirth Harriers AC
99	4073	00:09:53	Jon Owen	Vale Royal AC
100	3737	00:09:54	Fraser Dalby	Corby AC
101	3974	00:09:55	Hauden Arnell	Rugby & Northampton AC
102	3861	00:09:55	S Keyes	Liverpool Harriers & AC
103	3900	00:09:55	Charlie Race	Middlesbrough AC
104	3840	00:09:56	James Owen	Leicester Coritanian
105	4042	00:09:57	Joseph Cooper	Thames Valley Harriers
106	3732	00:09:58	Philip Nesom	City of York AC
107	3864	00:09:58	C Woods	Liverpool Harriers & AC

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108	3927	00:09:59	John Elkin	Nuneaton Harriers
109	3725	00:09:59	Evan Webb	City of Sheffield AC
110	4097	00:10:00	Sam Critchley	Windsor Slough Eton & Hounslow AC
111	4062	00:10:01	Harry Rees	Tonbridge AC
112	4044	00:10:01	Abraham Mendes Da Costa	Thames Valley Harriers
113	3677	00:10:01	Jake Raby	Camberley & District AC
114	3802	00:10:02	Max Ferrari	Herne Hill Harriers
115	3921	00:10:02	Benjamin Haynes	Newham & Essex Beagles
116	3735	00:10:02	Thomas Wood	City of York AC
117	3628	00:10:03	Tom Holland	Bedford & County AC
118	4122	00:10:04	James Lonsdale	Worksop Harriers
119	3797	00:10:04	James Bates	Herne Hill Harriers
120	4083	00:10:05	Patrick Iredale	Warrington AC
121	4105	00:10:05	Gabriel Cooper	Wirral AC
122	3939	00:10:06	Freddie Sunderland	Oxford City AC
123	3634	00:10:06	Cameron Westrope	Bedford & County AC
124	3738	00:10:06	Harry Freeman	Corby AC
125	3911	00:10:06	Sam Smith	Nene Valley Harriers
126	4022	00:10:06	Adam Wilmshurst	St.Albans AC
127	3834	00:10:06	Luke Beeby	Leicester Coritanian
128	3787	00:10:07	Thomas Yarrow	Hallamshire Harriers
129	4086	00:10:07	Luke Prior	Wells City Harriers
130	4059	00:10:07	Jordan Muir	Tonbridge AC
131	4026	00:10:07	Oliver Saddler	Staffordshire Moorlands AC
132	3830	00:10:08	Aaron Moorman	Leamington C & AC
133	3851	00:10:09	Lloyd Milliken	Leighton Buzzard AC
134	3775	00:10:09	Patrick O'Brien	East Cheshire Harriers & Tameside AC
135	3819	00:10:09	Nathan Townsend	Horwich RMI Harriers
136	3604	00:10:09	Harry Grace	Aldershot Farnham & District
137	3624	00:10:09	Bryn Smith	Basingstoke & Mid Hants AC
138	4088	00:10:09	Mark Lathom	West Cheshire AC
139	4063	00:10:09	Leo Rossouw	Tonbridge AC
140	768	00:10:09	Liam Ward	Peterborough AC
141	4111	00:10:09	Alex McBain	Wirral AC
142	3786	00:10:10	Jake Steade	Hallamshire Harriers
143	4032	00:10:11	Cameron Maxwell	Stratford on Avon AC
144	3644	00:10:11	Benjamin Boulter	Birchfield Harriers
145	3682	00:10:12	Ryan Ashforth	Cannock & Stafford AC
146	4079	00:10:13	George Heppenstall	Wakefield District H & AC
147	3712	00:10:13	Adam Davison	City of Norwich AC
148	3940	00:10:14	Tiarnan Crokken	Pendle AC
149	3739	00:10:15	Fintan Carey	Coventry Godiva Harriers
150	3844	00:10:15	Josh West	Leicester Coritanian
151	3893	00:10:15	Toby Herdman-Smith	Marshall Milton Keynes AC
152	3860	00:10:16	J Hemingway	Liverpool Harriers & AC
153	4028	00:10:16	Luke Jane	Stilton Striders
154	3631	00:10:16	Matthew Marsom	Bedford & County AC
155	4119	00:10:16	Jamie Ward	Wolverhampton & Bilston AC
156	3832	00:10:17	Finley Wilde	Leamington C & AC
157	3765	00:10:17	Matthew Ward	Derby AC
158	3610	00:10:17	Tim Snook	Aldershot Farnham & District
159	3741	00:10:18	Cameron Innes	Coventry Godiva Harriers
160	3858	00:10:18	Joseph Shuttleworth	Lincoln Wellington AC
161	3754	00:10:18	Louis Glyn	Dacorum & Tring AC

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162	4040	00:10:18	Aidan Wade	Telford AC
163	3811	00:10:19	Lewis Bartholomew	Holmfirth Harriers AC
164	3981	00:10:19	Daniel Brint	Sale Harriers Manchester
165	4001	00:10:20	Samuel Morris	Shaftesbury Barnet Harriers
166	3781	00:10:20	Tom Holland	Halesowen ACC
167	3882	00:10:20	Callum Ahern	Macclesfield Harriers
168	3817	00:10:21	Cameron Critchley	Horwich RMI Harriers
169	3803	00:10:21	Oliver Fox	Herne Hill Harriers
170	4072	00:10:21	Hayden Healey	Vale Royal AC
171	4051	00:10:22	Ben Brooks	Tonbridge AC
172	3839	00:10:22	Daniel McAtee	Leicester Coritanian
173	3845	00:10:22	Domenic Howarth	Leigh Harriers & AC
174	3905	00:10:23	Oliver Bowling	Nene Valley Harriers
175	3760	00:10:23	James Wood	Darlington Harriers & AC
176	3912	00:10:23	Jack Fenton	Newark AC
177	3913	00:10:23	Lewis Hill	Newark AC
178	3716	00:10:24	Falko Rosbergen	City of Norwich AC
179	4125	00:10:24	Teddy Coleman	Wreake Runners
180	4021	00:10:25	Ben Pattison	St.Albans AC
181	3753	00:10:25	Omar Harhara	Croydon Harriers
182	3899	00:10:26	Jacob Jardine	Middlesbrough AC
183	3859	00:10:26	E Colman	Liverpool Harriers & AC
184	4000	00:10:27	Nathan Davies	Shaftesbury Barnet Harriers
185	4084	00:10:27	Leighton Sharman	Warrington AC
186	3854	00:10:27	Sam Rogers	Lewes AC
187	3612	00:10:28	Reece Webber	Aldershot Farnham & District
188	3942	00:10:28	Thomas Marchant	Pendle AC
189	4016	00:10:28	Jack Woolf	Southend AC
190	3825	00:10:29	Connor Bingham	Kingston upon Hull AC
191	4015	00:10:29	Brandon Thorpe	Southend AC
192	4093	00:10:29	Harry Talks	Winchester & District AC
193	3938	00:10:30	Charlie Weston	Orion Harriers
194	3809	00:10:30	Arnold Harrison	Highgate Harriers
195	3932	00:10:30	Josh Lamanna	Oldham & Royton Harriers & AC
196	4047	00:10:31	Chris Davies	Tipton Harriers
197	3627	00:10:32	Alexander Hepburn	Bedford & County AC
198	3674	00:10:32	Ethan Forster	Camberley & District AC
199	3902	00:10:32	Adam Ritchie	Moston District Harriers & AC
200	3772	00:10:33	Christian Gallagher	East Cheshire Harriers & Tameside AC
201	3890	00:10:34	Conor Davies	Manx Harriers
202	3892	00:10:34	Hugo Gilet	Marshall Milton Keynes AC
203	3614	00:10:34	Daniel Jones	Amber Valley & Erewash AC
204	3672	00:10:35	Thomas Drabble	Buxton AC
205	4076	00:10:36	Jackson Spielmeier	Victoria Park H. & Tower Hamlets AC
206	3642	00:10:36	Luc Legon	Bexley AC
207	4123	00:10:36	Jack Johnson	Worthing & District Harriers
208	3615	00:10:36	Alex Knibbs	Amber Valley & Erewash AC
209	4108	00:10:37	Felix Jackson	Wirral AC
210	3761	00:10:37	Sam Grief	Derby AC
211	3846	00:10:38	Ethan Jones	Leigh Harriers & AC
212	3828	00:10:38	George Tostevin	Lancaster & Morecambe AC
213	3964	00:10:38	Bradley Carr	Rotherham Harriers & AC
214	4103	00:10:39	James Burns	Wirral AC
215	3678	00:10:39	Bradley Timson	Camberley & District AC

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216	3748	00:10:40	Fred Dobberson	Crewe & Nantwich AC
217	4098	00:10:41	Jack Davies	Windsor Slough Eton & Hounslow AC
218	3632	00:10:42	Callum Mullins	Bedford & County AC
219	3856	00:10:42	Liam Brotherton	Lincoln Wellington AC
220	3778	00:10:44	Charlie Stead	Goole Viking Striders
221	4036	00:10:44	Jonathan West	Tamworth AC
222	4078	00:10:44	Edward Dunbavin	Wakefield District H & AC
223	4003	00:10:45	Ciaran Boyek	Shildon R & AC
224	3820	00:10:45	Will Townsend	Horwich RMI Harriers
225	3997	00:10:46	Jame Brennan	Shaftesbury Barnet Harriers
226	3736	00:10:46	James Wright	City of York AC
227	3996	00:10:46	Felix Bordet-Stead	Shaftesbury Barnet Harriers
228	3666	00:10:46	Ethan Tattersall	Bracknell AC
229	4017	00:10:46	Joseph Gilkes	Sphinx AC
230	3769	00:10:46	Johnny Gibbes	Ealing Southall & Middlesex AC
231	3771	00:10:47	Bradley Pinder	Ealing Southall & Middlesex AC
232	4054	00:10:47	Sam Crick	Tonbridge AC
233	3973	00:10:48	George Rees	Royal Sutton Coldfield AC
234	3929	00:10:48	Micheal McKee	Nuneaton Harriers
235	4107	00:10:48	Joseph Fisher	Wirral AC
236	4085	00:10:48	Kiro Smithyman-Harding	Warrington AC
237	3618	00:10:49	Thomas Butler	Barnet & District AC
238	3660	00:10:49	Remi Ullah	Blackheath & Bromley Harriers
239	3936	00:10:50	George Hart	Orion Harriers
240	3685	00:10:50	Billy Hicks	Cannock & Stafford AC
241	4096	00:10:50	Harry Critchley	Windsor Slough Eton & Hounslow AC
242	4045	00:10:51	Edward Wootton	Thames Valley Harriers
243	4043	00:10:51	James Horrex	Thames Valley Harriers
244	4094	00:10:51	Angus Thackray	Winchester & District AC
245	4023	00:10:52	Adam Woosey	St.Helens Sutton AC
246	3675	00:10:52	Ross Maxwell	Camberley & District AC
247	4112	00:10:53	George Patterson	Wirral AC
248	3755	00:10:53	Samuel Howell	Dacorum & Tring AC
249	3777	00:10:53	George Ounsley	Goole Viking Striders
250	3885	00:10:53	Ben Hardy	Mansfield Harriers
251	3972	00:10:53	Joel Kirsten	Royal Sutton Coldfield AC
252	3605	00:10:53	Mark Kiley	Aldershot Farnham & District
253	3980	00:10:54	Sam Bolton	Sale Harriers Manchester
254	4030	00:10:54	Jay Wood	Stockport Harriers & AC
255	3711	00:10:55	Zak Colman	City of Norwich AC
256	3693	00:10:55	Euan Bell	Charnwood AC
257	3726	00:10:55	Robroy Gregory	City of Stoke AC
258	3863	00:10:56	T Rogerson	Liverpool Harriers & AC
259	3855	00:10:57	Connor Sullivan	Lewes AC
260	3849	00:10:57	Jordan Smith	Leigh Harriers & AC
261	3671	00:10:59	Daniel Burt	Buxton AC
262	3909	00:10:59	Danial Lorrie	Nene Valley Harriers
263	3827	00:11:00	Niall Graham	Lancaster & Morecambe AC
264	3878	00:11:01	Harry Lander	Luton AC
265	4075	00:11:01	Matt Rowlinson	Vale Royal AC
266	3821	00:11:02	Alex Brown	Houghton Harriers & AC
267	4055	00:11:02	Tim Driscoll	Tonbridge AC
268	3743	00:11:04	Adam Keir	Coventry Godiva Harriers
269	3930	00:11:04	Luke Brierley	Oldham & Royton Harriers & AC

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270	3606	00:11:07	Sam Mccready	Aldershot Farnham & District
271	4049	00:11:08	George Holden	Tipton Harriers
272	3651	00:11:09	Nigel Sherwood	Birchfield Harriers
273	4024	00:11:10	Thomas Sabin	Stafford Harriers
274	3901	00:11:11	Kyle Anderson	Moston District Harriers & AC
275	3758	00:11:12	Ross Body	Darlington Harriers & AC
276	3669	00:11:14	Ben Stephenson	Bristol & West AC
277	3847	00:11:16	Mathew Lee	Leigh Harriers & AC
278	3831	00:11:18	James Potts	Leamington C & AC
279	3646	00:11:18	Conal Green	Birchfield Harriers
280	3645	00:11:19	Elliot Dunn	Birchfield Harriers
281	3770	00:11:19	Connor McCarthy	Ealing Southall & Middlesex AC
282	4116	00:11:19	Harry Cresswell	Wolverhampton & Bilston AC
283	4046	00:11:19	Luke Bodin	Tipton Harriers
284	3978	00:11:19	Jordan Bezzina	Sale Harriers Manchester
285	4025	00:11:21	Joseph Smith	Stafford Harriers
286	3699	00:11:22	Joshua Smith	Charnwood AC
287	3684	00:11:23	Riley Hall-Woodcock	Cannock & Stafford AC
288	4104	00:11:24	Chris Colville	Wirral AC
289	3662	00:11:29	Lewis Jansen	Blyth RC
290	4018	00:11:30	Edward Anders	St.Albans AC
291	3875	00:11:31	Antanas Weston	London Heathside
292	3871	00:11:32	Cameron MacKinney	London Heathside
293	3906	00:11:32	Danial Corrigan	Nene Valley Harriers
294	3910	00:11:35	Ben Philby	Nene Valley Harriers
295	3898	00:11:36	Mathew Coleman	Middlesbrough AC
296	4077	00:11:37	Jack Boyes	Wakefield District H & AC
297	3993	00:11:39	Scott Thompson	Sedgefield Harriers
298	3670	00:11:39	Liam Bowden	Bromsgrove & Redditch AC
299	3692	00:11:41	George Barker	Charnwood AC
300	3928	00:11:41	Robbie Jones	Nuneaton Harriers
301	4002	00:11:42	Daniel Wilson	Shaftesbury Barnet Harriers
302	3641	00:11:44	Harry Jarvis	Bexley AC
303	3617	00:11:47	Scott Ram	Amber Valley & Erewash AC
304	3696	00:11:49	Sam Gartside	Charnwood AC
305	3888	00:11:49	Harrison Smith	Mansfield Harriers
306	3945	00:11:50	Liam Mcdermott	Preston Harriers
307	3915	00:11:51	Tyler Ludlam	Newark AC
308	3914	00:11:53	Thomas Hubbard	Newark AC
309	3622	00:11:55	Daniel Chalwin	Basingstoke & Mid Hants AC
310	4027	00:11:57	Tom Golland	Stilton Striders
311	4007	00:11:57	Hamish McCartney	Shrewsbury AC
312	3773	00:12:00	Ethan Hartshorne	East Cheshire Harriers & Tameside AC
313	3963	00:12:00	Ryan Beale	Rotherham Harriers & AC
314	3749	00:12:01	Matt Hole	Crewe & Nantwich AC
315	3728	00:12:02	Alex Lightfoot	City of Stoke AC
316	4041	00:12:05	Darnell Chambers	Thames Valley Harriers
317	4102	00:12:08	Thomas Bickerstaffe	Wirral AC
318	3991	00:12:15	George Peden	Sedgefield Harriers
319	3807	00:12:16	Terence Fawden	Highgate Harriers
320	3779	00:12:27	Joel Till	Goole Viking Striders
321	3668	00:12:38	Tom Grant	Bristol & West AC
322	3920	00:12:43	Christopher Whitehurst	Newcastle Staffs AC
323	3934	00:12:43	Andrew Davis	Orion Harriers

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324	3992	00:12:47	Robert Temperly	Sedgefield Harriers
325	3990	00:12:51	Sean Haycock	Sedgefield Harriers
326	3994	00:14:34	Harry Ward	Sedgefield Harriers
327	3764	00:16:58	Sam Rose	Derby AC