

Sheet1

Pos	RaceNo	Time	Name	Club
1	755	00:16:53	Adam Howard	Oldham & Royton Harriers & AC
2	911	00:17:06	Max Nicholls	Tonbridge AC
3	880	00:17:12	Alex Carter	Teambath AC
4	420	00:17:18	Ryan Isaacson	Bedford & County AC
5	905	00:17:21	George Duggan	Tonbridge AC
6	655	00:17:29	Haran Dunderdale	Lincoln Wellington AC
7	648	00:17:34	Xander Tansey	Leicester Coritanian
8	894	00:17:38	James Murdoch	Thames Valley Harriers
9	783	00:17:44	Ben Priddle	Reading AC
10	622	00:17:47	Tom Newnham	Isle of Wight AC
11	621	00:17:48	Bradley Wattleworth	Ipswich Harriers
12	623	00:17:52	James Knox	Kendal AAC
13	403	00:17:53	Matthew Arnold	Aldershot Farnham & District
14	408	00:17:53	Toby Starling	Aldershot Farnham & District
15	983	00:17:54	Matthew Axe	Wycombe Phoenix Harriers
16	917	00:17:55	Ben Everson	Trafford AC
17	946	00:17:55	Matthew Dickinson	Wells City Harriers
18	608	00:18:00	Merhawi Yemane	Herne Hill Harriers
19	656	00:18:01	Dylan Love	Lincoln Wellington AC
20	496	00:18:01	Oliver Spencer	Charnwood AC
21	570	00:18:04	Joe Steward	East Cheshire Harriers & Tameside AC
22	585	00:18:07	Max Wharton	Halifax Harriers & AC
23	955	00:18:07	James Hall	Wharfedale Harriers
24	941	00:18:08	Matthew Hulse	Warrington AC
25	430	00:18:09	William Somogyi	Bexley AC
26	912	00:18:12	Hanro Rossouw	Tonbridge AC
27	963	00:18:12	Charlie Critchley	Windsor Slough Eton & Hounslow AC
28	413	00:18:15	Oliver Butler	Basingstoke & Mid Hants AC
29	584	00:18:15	Jerome Castelow	Halifax Harriers & AC
30	664	00:18:16	O Sharp	Liverpool Harriers & AC
31	506	00:18:17	Michael Goddard	Chiltern Harriers AC
32	921	00:18:17	Patrick Taylor	Vale Of Aylesbury AC
33	966	00:18:18	Jack Rowe	Windsor Slough Eton & Hounslow AC
34	756	00:18:19	Matthew Shaughnessey	Oldham & Royton Harriers & AC
35	765	00:18:19	Matthieu Marshall	Oxford City AC
36	837	00:18:20	Luke Clark	South Shields Harriers & AC
37	438	00:18:20	Cameron Shankly	Birchfield Harriers
38	802	00:18:21	Jack Murphy	Rugby & Northampton AC
39	910	00:18:21	Sean Molloy	Tonbridge AC
40	916	00:18:22	Jack Crabtree	Trafford AC
41	918	00:18:22	Nikita Katende	Trafford AC
42	904	00:18:24	Corey De'ath	Tonbridge AC
43	422	00:18:24	Sam Knee-Robinson	Bedford & County AC
44	633	00:18:24	Charlie Davis	Leamington C & AC
45	821	00:18:25	Rory Mudd	Shaftesbury Barnet Harriers
46	854	00:18:25	Liam Stedman	Spenborough & District AC
47	774	00:18:25	Andrew Smith	Poole Runners
48	868	00:18:27	Tom Parnell	Stroud & District AC
49	919	00:18:28	Danny Lawton	Trafford AC
50	823	00:18:30	Joe Redwood	Shaftesbury Barnet Harriers
51	539	00:18:31	Daniel Mckeown	Coventry Godiva Harriers
52	569	00:18:31	Michael Murphy	East Cheshire Harriers & Tameside AC
53	721	00:18:33	Liam Watson	Middlesbrough AC

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54	776	00:18:35	Andy Smith	Pudsey & Bramley AC
55	513	00:18:36	Scott Greeves	City of Norwich AC
56	959	00:18:36	Calum Upton	Winchester & District AC
57	533	00:18:38	Will Smith	City of York AC
58	404	00:18:38	Daniel Ayers	Aldershot Farnham & District
59	492	00:18:38	James Hatton	Charnwood AC
60	840	00:18:39	Peter Ellis	Southampton AC
61	419	00:18:39	Jack Douglas	Bedford & County AC
62	647	00:18:40	William Rawlinson	Leicester Coritanian
63	562	00:18:41	Sam Shindler-Glass	Ealing Southall & Middlesex AC
64	771	00:18:42	Daniel Mulryan	Poole Runners
65	965	00:18:42	George Gayhercole	Windsor Slough Eton & Hounslow AC
66	418	00:18:45	Matthew Bray	Bedford & County AC
67	552	00:18:46	Daniel Haymes	Derby AC
68	427	00:18:46	Nicholas Armstrong	Bexley AC
69	875	00:18:46	Michael Wilson	Sunderland Harriers & AC
70	576	00:18:47	Dominic Oliver	Great Yarmouth & District AC
71	582	00:18:48	Thomas Blanchard	Halifax Harriers & AC
72	587	00:18:48	Ciaran Wilson-Baig	Halifax Harriers & AC
73	828	00:18:48	Ben Ashcroft	Shrewsbury AC
74	421	00:18:48	Jonathan Janes	Bedford & County AC
75	922	00:18:49	Elliot Bowker	Vale Royal AC
76	518	00:18:49	William Downham	City of Portsmouth AC
77	651	00:18:49	Brian Foulger	Leighton Buzzard AC
78	953	00:18:49	James Skelton	Westbury Harriers
79	665	00:18:50	P Tyson	Liverpool Harriers & AC
80	797	00:18:50	Ben Topley	Royal Sutton Coldfield AC
81	522	00:18:51	Joseph Lancaster	City of Sheffield AC
82	603	00:18:51	Lascelles Hussey	Herne Hill Harriers
83	902	00:18:52	Alistair Bishop	Tonbridge AC
84	825	00:18:52	Sam Wilson	Shaftesbury Barnet Harriers
85	620	00:18:53	Ross Tennant	Ipswich Harriers
86	662	00:18:53	K Quirk	Liverpool Harriers & AC
87	933	00:18:54	Daniel Franks	Wakefield District H & AC
88	848	00:18:54	Rob Frith	Southend AC
89	416	00:18:56	Brendan O'Connor	Basingstoke & Mid Hants AC
90	857	00:18:57	Nathan Sabin	Stafford Harriers
91	876	00:18:58	Ellis Cross	Tamworth AC
92	561	00:18:59	Duncan Pinder	Ealing Southall & Middlesex AC
93	851	00:19:00	Andrew Kershaw	Southport Waterloo AC
94	568	00:19:00	Tom McGuinness	East Cheshire Harriers & Tameside AC
95	680	00:19:00	Kyle Nicholson	Louth AC
96	970	00:19:00	Richard Evans	Wirral AC
97	938	00:19:01	Liam Burthem	Warrington AC
98	401	00:19:02	George Towersey	Abingdon AAC
99	460	00:19:02	Niel Orr	Border Harriers
100	853	00:19:03	Paul Davis	Spensborough & District AC
101	542	00:19:03	Thomas Ridding	Coventry Godiva Harriers
102	695	00:19:04	Sam Johnson	Mansfield Harriers
103	906	00:19:04	Tim Faes	Tonbridge AC
104	456	00:19:05	Jack Garmory	Bolton United Harriers
105	819	00:19:05	Billy Kelsey	Shaftesbury Barnet Harriers
106	556	00:19:06	Jack Wyllie	Dorking & Mole Valley AC
107	502	00:19:06	Harry Mahoney	Cheltenham & County Harriers

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108	498	00:19:07	Callum Charleston	Chelmsford AC
109	475	00:19:08	Jack Brown	Bury AC
110	842	00:19:11	Niall Holt	Southampton AC
111	691	00:19:12	Lewis Ashmore	Mansfield Harriers
112	547	00:19:12	Patrick Lucas	Croydon Harriers
113	534	00:19:12	Joe Alexander	Colchester & Tendring AC
114	417	00:19:13	Joe Bergin	Bedford & County AC
115	484	00:19:13	James McCann	Cannock & Stafford AC
116	611	00:19:14	Nicholas Doyle	Herts Phoenix AC
117	605	00:19:14	Tim Leake	Herne Hill Harriers (NS)
118	627	00:19:16	James Needham	Kingston upon Hull AC
119	759	00:19:17	George Hoy	Orion Harriers
120	777	00:19:20	Christian Von Eitzen	Radley AC
121	429	00:19:21	Joseph O'Hara	Bexley AC
122	809	00:19:23	Bobby Scarborough	Scarborough AC
123	758	00:19:24	Matthew Boyce	Orion Harriers
124	708	00:19:24	Ammon Yeadsley	Manx Harriers
125	867	00:19:24	Matthew Doyle	Stroud & District AC
126	923	00:19:25	Luke Cockerton	Vale Royal AC
127	884	00:19:27	Josh Burrows	Telford AC
128	838	00:19:28	Liam Emmett	South Shields Harriers & AC
129	710	00:19:29	Ben James	Marshall Milton Keynes AC
130	598	00:19:29	Cassian Hyde	Hercules Wimbledon AC
131	769	00:19:30	Tom East	Poole Runners
132	630	00:19:30	James Riach	Lancaster & Morecambe AC
133	931	00:19:31	Sam Convery	Wakefield District H & AC
134	510	00:19:32	Fergus Tallon	Chorley AC
135	787	00:19:32	Glen Ient	Richmond & Zetland Harriers
136	563	00:19:32	Callum Dinsdale	East Cheshire Harriers & Tameside AC
137	529	00:19:33	Ashley Wyatt	City of Stoke AC
138	559	00:19:36	Sam McGonigle	Ealing Southall & Middlesex AC
139	431	00:19:37	Andre Stone	Bexley AC
140	747	00:19:38	Cory Plewinski	Notts AC
141	980	00:19:39	Matt Westby	Wirral AC
142	690	00:19:41	Jonathon Stewart	Manchester Harriers & AC
143	440	00:19:44	Jack Hindle	Blackburn Harriers
144	645	00:19:46	Connor Haywood	Leicester Coritanian
145	535	00:19:46	Jeremy Barnes	Coventry Godiva Harriers
146	578	00:19:46	Sam Effiong	Halesowen ACC
147	727	00:19:46	Lorenzo Thompson	Moston District Harriers & AC
148	681	00:19:46	George Ward	Luton AC
149	477	00:19:47	Nathan Milligan	Bury AC
150	942	00:19:47	Matthew Wigelsworth	Warrington AC
151	935	00:19:47	William Ingram	Wakefield District H & AC
152	855	00:19:48	Andrew Wheatcroft	St.Albans AC
153	525	00:19:48	Korey Hallett-Blanch	City of Stoke AC
154	712	00:19:48	Josh Knight	Marshall Milton Keynes AC
155	928	00:19:48	Patrick Stradling	Vale Royal AC
156	566	00:19:49	Adam Hoyles	East Cheshire Harriers & Tameside AC
157	790	00:19:49	Robert Bentham	Rotherham Harriers & AC
158	939	00:19:50	Cameron Field	Warrington AC
159	713	00:19:52	Harry Morton	Marshall Milton Keynes AC
160	704	00:19:53	Stephen Garrett	Manx Harriers
161	860	00:19:54	Simon Chadwic k	Stockport Harriers & AC

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162	801	00:19:55	Harry Hughes	Rugby & Northampton AC
163	781	00:19:56	Nathan Meredith	Reading AC
164	844	00:19:57	Alex Ruggles	Southampton AC
165	646	00:19:57	Phillip Maddocks	Leicester Coritanian
166	575	00:19:57	Jake Hornby	Grantham AC
167	731	00:19:57	Jordan Rackham	Nene Valley Harriers
168	865	00:19:58	Howard Allison	Stratford on Avon AC
169	634	00:19:58	Jack Savage	Leamington C & AC
170	794	00:19:59	Connor Ryan	Rotherham Harriers & AC
171	482	00:20:00	Aaron Houseman	Cannock & Stafford AC
172	757	00:20:01	Cheyenne Antoine-Chagar	Orion Harriers
173	826	00:20:01	Jake Findlay	Shildon R & AC
174	948	00:20:02	James McCrae	Werrington Joggers
175	601	00:20:02	Fraser Cunningham	Herne Hill Harriers
176	913	00:20:02	Will Roud	Tonbridge AC
177	624	00:20:02	Mark Sullivan	Kendal AAC
178	886	00:20:03	Rhys Furlong	Telford AC
179	887	00:20:03	Dominic Gardner	Telford AC
180	812	00:20:05	Sebastian Reichel	Sedgefield Harriers
181	550	00:20:06	Dominic Chambers	Derby AC
182	657	00:20:07	Joseph Wilkinson	Lincoln Wellington AC
183	796	00:20:08	Alfie McBrien	Royal Sutton Coldfield AC
184	682	00:20:08	Alexander Stanier	Lytham St Annes RR
185	448	00:20:08	Will Ruiz	Blackheath & Bromley Harriers
186	979	00:20:09	Nathan Schofield	Wirral AC
187	859	00:20:09	Kevin Acton	Stockport Harriers & AC
188	833	00:20:10	Ben Foreman	South London Harriers
189	676	00:20:10	James Wooldridge	London Heathside
190	832	00:20:10	Daniel Mladenovic	Solihull & Small Heath AC
191	909	00:20:10	Gavin McKay	Tonbridge AC
192	816	00:20:11	Joseph Brennan	Shaftesbury Barnet Harriers
193	985	00:20:11	James Roberts	Wycombe Phoenix Harriers
194	915	00:20:12	Will Whitmore	Tonbridge AC
195	748	00:20:14	Marcus Skidmore	Notts AC
196	850	00:20:15	Jo Ray	Southend AC
197	439	00:20:17	Robert Stroud	Birchfield Harriers
198	958	00:20:19	Jack Messenger	Winchester & District AC
199	641	00:20:20	Kieran Savage	Leeds City AC
200	481	00:20:20	Thomas Eustace	Cannock & Stafford AC
201	878	00:20:21	Luke Jones	Tamworth AC
202	908	00:20:22	Peter Laing	Tonbridge AC
203	577	00:20:22	Dominic Bill	Halesowen ACC
204	485	00:20:23	Sam Nicholls	Cannock & Stafford AC
205	700	00:20:25	Cameron Smith	Mansfield Harriers
206	730	00:20:26	Ellis O'Connell	Nene Valley Harriers
207	650	00:20:26	Jordan Clay	Leighton Buzzard AC
208	604	00:20:28	Amiin Jisow	Herne Hill Harriers
209	726	00:20:29	Mathew Metcalf	Moston District Harriers & AC
210	600	00:20:29	Aaron Clarke	Herne Hill Harriers
211	724	00:20:29	Alex Hill	Moston District Harriers & AC
212	975	00:20:32	Charlie Quinn	Wirral AC
213	750	00:20:33	Grigg Jones	Nuneaton Harriers
214	414	00:20:35	Jonty Davison	Basingstoke & Mid Hants AC
215	504	00:20:35	Joe Aherne	Chiltern Harriers AC

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216	545	00:20:36	Daniel Vilette	Coventry Godiva Harriers
217	530	00:20:36	Ellis Blades	City of York AC
218	478	00:20:38	Brogan McCawley	Camberley & District AC
219	885	00:20:38	Jack Forrester	Telford AC
220	697	00:20:38	Jake Lancaster	Mansfield Harriers
221	625	00:20:40	Andrew Hess	Kingston upon Hull AC
222	903	00:20:40	Ben Bradshaw	Tonbridge AC
223	660	00:20:41	C Grant	Liverpool Harriers & AC
224	678	00:20:42	Sam Hever	Longwood Harriers AC
225	591	00:20:42	Josh Walton	Hallamshire Harriers
226	847	00:20:43	Ben Franklin	Southend AC
227	773	00:20:43	Kieran Phillips	Poole Runners
228	803	00:20:44	Adam Wright	Rugby & Northampton AC
229	679	00:20:44	Robert Morris	Longwood Harriers AC
230	982	00:20:44	George Bettsworth	Wreake Runners
231	696	00:20:47	George King	Mansfield Harriers
232	845	00:20:47	Jo Beard	Southend AC
233	476	00:20:48	Benn Heywood	Bury AC
234	586	00:20:49	Edan Whitelaw	Halifax Harriers & AC
235	864	00:20:52	Robert Ward	Stockport Harriers & AC
236	889	00:20:56	Joseph Gilbert	Thames Valley Harriers
237	892	00:20:58	Jack Keen	Thames Valley Harriers
238	501	00:21:01	Christopher Waltham	Chelmsford AC
239	573	00:21:05	Luke Reynolds	Goole Viking Striders
240	852	00:21:05	James Anthony	Spensborough & District AC
241	829	00:21:06	Ryan Cullen	Shrewsbury AC
242	614	00:21:07	Aaron Arthur	Holmfirth Harriers AC
243	738	00:21:07	Paul Fradley	Newcastle Staffs AC
244	871	00:21:07	Dominic Hill	Sunderland Harriers & AC
245	830	00:21:07	William McCartney	Shrewsbury AC
246	653	00:21:09	Joe McGarry	Leighton Buzzard AC
247	751	00:21:09	Tyler Selway	Nuneaton Harriers
248	749	00:21:10	Robert Trusson	Notts AC
249	792	00:21:11	William Johnson	Rotherham Harriers & AC
250	858	00:21:11	Thomas Brooks	Staffordshire Moorlands AC
251	588	00:21:12	Joshua Dyball	Hallamshire Harriers
252	480	00:21:13	Jordan Barrett	Cannock & Stafford AC
253	987	00:21:13	Robert Sutherland	Wycombe Phoenix Harriers
254	683	00:21:14	Jacob Anderson	Macclesfield Harriers
255	798	00:21:15	Tom Wheeler	Royal Sutton Coldfield AC
256	788	00:21:19	Callum Davidson	Rossendale Harriers & AC
257	947	00:21:20	Arthur Charlesworth	Wenlock Olympians
258	936	00:21:22	Andrew Jones	Wakefield District H & AC
259	553	00:21:23	Joel Herbert	Derby AC
260	677	00:21:23	Lewis Crank	Longwood Harriers AC
261	512	00:21:24	Darryl Broughton	City of Norwich AC
262	453	00:21:25	Michael Scott	Blyth RC
263	976	00:21:26	Guy Reeve	Wirral AC
264	703	00:21:28	Oliver Dickinson	Manx Harriers
265	616	00:21:30	Eddie Hinchliffe	Holmfirth Harriers AC
266	672	00:21:31	Max Heap	London Heathside
267	901	00:21:33	Harry Avis	Tonbridge AC
268	698	00:21:37	Finny Quilty	Mansfield Harriers
269	495	00:21:37	Conor Moorland	Charnwood AC

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270	686	00:21:38	Aaron Shaughnessy	Macclesfield Harriers
271	454	00:21:40	Chris Sheffer	Blyth RC
272	907	00:21:40	Alex Kidd	Tonbridge AC
273	523	00:21:42	Liam Baggley	City of Stoke AC
274	937	00:21:44	Robert Sanderson	Wakefield District H & AC
275	956	00:21:47	Scott Barker	Winchester & District AC
276	888	00:21:49	Samuel Cooper	Thames Valley Harriers
277	528	00:21:49	Nick Stoddard	City of Stoke AC
278	789	00:21:52	Atton Fowley	Rossendale Harriers & AC
279	538	00:21:52	Tom Croft	Coventry Godiva Harriers
280	532	00:21:57	Thomas Simpson	City of York AC
281	626	00:22:00	Jack Michaels	Kingston upon Hull AC
282	411	00:22:02	Scott Slowik	Amber Valley & Erewash AC
283	543	00:22:05	Loui Scutt	Coventry Godiva Harriers
284	810	00:22:07	Sam Hearmon	Sedgefield Harriers
285	688	00:22:08	James Taylor	Macclesfield Harriers
286	899	00:22:09	Dan Owen	Tipton Harriers
287	725	00:22:11	Lewis James	Moston District Harriers & AC
288	824	00:22:12	Kian Savvides	Shaftesbury Barnet Harriers
289	597	00:22:14	Jack Lilley	Heanor RC
290	900	00:22:16	Luke Vine	Tipton Harriers
291	436	00:22:17	Charlie Hadfield	Birchfield Harriers
292	811	00:22:20	Joe Potts	Sedgefield Harriers
293	643	00:22:21	Zak Anderson	Leicester Coritanian
294	564	00:22:22	Ian Graham	East Cheshire Harriers & Tameside AC
295	932	00:22:22	Cameron Dye	Wakefield District H & AC
296	754	00:22:23	Nathan Hilditch	Oldham & Royton Harriers & AC
297	488	00:22:24	James Russell	Cannock & Stafford AC
298	767	00:22:24	Artem Usatenko	Peterborough AC
299	654	00:22:25	Charlie Mead	Leighton Buzzard AC
300	572	00:22:27	John Boardman	Goole Viking Striders
301	590	00:22:34	Thomas Slater	Hallamshire Harriers
302	613	00:22:35	Peter Laing	Highgate Harriers
303	652	00:22:38	Jake Irvine	Leighton Buzzard AC
304	452	00:22:40	Mark Nicholson	Blyth RC
305	896	00:22:42	Jacob Anson	Tipton Harriers
306	793	00:22:42	Aidan Kidder	Rotherham Harriers & AC
307	483	00:22:48	Liam Johnson	Cannock & Stafford AC
308	973	00:22:49	Robbie Owen	Wirral AC
309	926	00:22:51	Daniel Morrison	Vale Royal AC
310	489	00:22:54	Adam White	Cannock & Stafford AC
311	699	00:22:55	Sam Raynor	Mansfield Harriers
312	558	00:22:56	David Hannah	Ealing Southall & Middlesex AC
313	560	00:22:59	Josh Morris	Ealing Southall & Middlesex AC
314	509	00:22:59	Daniel Betts	Chorley AC
315	617	00:23:01	Robert Hinchliffe	Holmfirth Harriers AC
316	827	00:23:14	Jack Wade	Sildon R & AC
317	451	00:23:18	Joseph Dungworth	Blyth RC
318	644	00:23:26	Cameron Hart	Leicester Coritanian
319	814	00:23:38	Joseph Worley	Sedgefield Harriers
320	694	00:23:44	Jack Foster	Mansfield Harriers
321	455	00:24:21	Joseph Woods	Blyth RC
322	551	00:24:31	Keenan Chambers	Derby AC
323	897	00:24:59	Josh Evans	Tipton Harriers

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324	968	00:25:23	Sean Boswell	Wirral AC
325	739	00:26:07	Jonathon Whitehurst	Newcastle Staffs AC
326	527	00:26:07	George Steventon	City of Stoke AC