

Sheet1

Pos	RaceNo	Time	Name	Club
1	2132	00:23:16	Kieran Clements	Ipswich Harriers
2	1907	00:23:41	Harvey Dixon	Aldershot Farnham & District
3	2218	00:23:44	Mark Shaw	New Marske Harriers
4	2152	00:24:08	Gordon Benson	Leeds City AC
5	2375	00:24:11	Robbie Farnham-Rose	Tonbridge AC
6	2052	00:24:14	Matthew Rose	Coventry Godiva Harriers
7	2296	00:24:15	Michael Callegar	Shaftesbury Barnet Harriers
8	2251	00:24:18	Jonathan Davies	Reading AC
9	2108	00:24:23	Lewis Lloyd	Herne Hill Harriers
10	2384	00:24:28	Lula Russo	Tonbridge AC
11	2381	00:24:29	Henry Pearce	Tonbridge AC
12	2170	00:24:34	J Christie	Liverpool Harriers & AC
13	2423	00:24:42	Bradley Goater	Windsor Slough Eton & Hounslow AC
14	2016	00:24:43	Alex Short	Chelmsford AC
15	1904	00:24:45	Ben Bradley	Aldershot Farnham & District
16	2376	00:24:47	Charlie Joslin-Allen	Tonbridge AC
17	2350	00:24:51	Alexander Hill	Teambath AC
18	2080	00:24:53	Joe Sherry	Enfield & Haringey AC
19	2257	00:24:55	Marc Scott	Richmond & Zetland Harriers
20	2120	00:24:55	Max Kaye	Holmfirth Harriers AC
21	2374	00:25:02	Ryan Driscoll	Tonbridge AC
22	2331	00:25:06	James McMurray	St.Albans AC
23	2339	00:25:08	Phelps Aaron	Stroud & District AC
24	2371	00:25:08	Jamie Bryant	Tonbridge AC
25	2085	00:25:10	Lewis Hogg	Gateshead Harriers & AC
26	2086	00:25:12	Calum Johnson	Gateshead Harriers & AC
27	2149	00:25:13	Guy Allen	Leamington C & AC
28	2088	00:25:17	Barry Maskell	Gateshead Harriers & AC
29	1977	00:25:18	Alistair Weymouth	Border Harriers
30	2057	00:25:19	Peter Chambers	Croydon Harriers
31	1932	00:25:19	Toby Smith	Basingstoke & Mid Hants AC
32	1993	00:25:19	Rhys Park	Bristol & West AC
33	1925	00:25:20	Tom Bennett	Andover AC
34	1917	00:25:21	Ryan Ganose	Altrincham & District AC
35	2342	00:25:22	Purnell Tom	Stroud & District AC
36	2427	00:25:25	Jack Killip	Windsor Slough Eton & Hounslow AC
37	2046	00:25:25	Conor Robinson	Cornwall AC
38	2114	00:25:26	Edward Shepherd	Herts Phoenix AC
39	1913	00:25:26	Andy Provost	Aldershot Farnham & District
40	2145	00:25:33	Callum Mason	Lancaster & Morecambe AC
41	2254	00:25:34	William Robinson	Reigate Priory AC
42	2305	00:25:35	Cameron Boyek	Shildon R & AC
43	2437	00:25:35	James Stockings	Woodford Green AC with Essex Ladies
44	1908	00:25:35	Sam Eglen	Aldershot Farnham & District
45	2144	00:25:36	Adam Bateson	Lancaster & Morecambe AC
46	2130	00:25:38	Kieran Reilly	Invicta East Kent AC
47	2236	00:25:38	Mark Thompson	Notts AC
48	2379	00:25:39	Chris Lloyd	Tonbridge AC
49	1928	00:25:39	Chris Neil	Andover AC
50	2387	00:25:43	James Bundred	Trafford AC
51	2382	00:25:48	Laurie Probert	Tonbridge AC
52	2058	00:25:49	Dom Nolan	Croydon Harriers
53	2182	00:25:53	Warren Turner	Liverpool Pembroke & Sefton H AC

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54	1933	00:25:54	Tom Watson	Basingstoke & Mid Hants AC
55	1916	00:25:54	Nick Tauwhare	Aldershot Farnham & District
56	2018	00:25:54	Stephen Woodford	Chelmsford AC
57	2234	00:25:56	Doug Musson	Notts AC
58	2319	00:25:56	Oliver Kyrakides	Southend AC
59	2174	00:25:57	L Towers	Liverpool Harriers & AC
60	2337	00:26:02	Jack Nixon	Stockport Harriers & AC
61	2373	00:26:04	Tom Devlin	Tonbridge AC
62	2156	00:26:05	Stefan Ashman	Leicester Coritanian
63	2286	00:26:06	Josh Schofield	Scarborough AC
64	2043	00:26:10	Callum Jones	Cornwall AC
65	2406	00:26:10	Jake Worton	Wakefield District H & AC
66	2078	00:26:11	Joseph Hudak	East Cheshire Harriers & Tameside AC
67	2155	00:26:11	Elliot Todd	Leeds City AC
68	1994	00:26:12	Adam Speake	Bristol & West AC
69	2208	00:26:14	Jonnie Nisbet	Morpeth Harriers & AC
70	2015	00:26:14	Sam Robinson	Chelmsford AC
71	2072	00:26:16	William Pinder	Ealing Southall & Middlesex AC
72	2082	00:26:16	Robbie Costello	Gateshead Harriers & AC
73	2050	00:26:17	Ryan Nimmons	Coventry Godiva Harriers
74	2131	00:26:18	Jake Rogers	Invicta East Kent AC
75	2157	00:26:18	Jake Kench	Leicester Coritanian
76	2036	00:26:19	Callum Hulme	City of Stoke AC
77	1911	00:26:20	Adam Hulin	Aldershot Farnham & District
78	2425	00:26:20	Ricky Harvie	Windsor Slough Eton & Hounslow AC
79	2392	00:26:21	Zack Bamber	Vale Royal AC
80	2227	00:26:22	Yasir Sheikh	Newham & Essex Beagles
81	2288	00:26:23	Jonathan Baines	Sedgefield Harriers
82	2098	00:26:26	Tom Bains	Hallamshire Harriers
83	2109	00:26:28	Jordan Maurice	Herne Hill Harriers
84	2010	00:26:29	Charlie Howick	Charnwood AC
85	2398	00:26:32	Ryan Moore	Vale Royal AC
86	2426	00:26:33	Ben Kennard	Windsor Slough Eton & Hounslow AC
87	2055	00:26:33	Richard Owen	Crewe & Nantwich AC
88	1976	00:26:35	Tim Orr	Border Harriers
89	1940	00:26:39	Matthew Nicholson	Bedford & County AC
90	2256	00:26:43	Daniel Overin	Richmond & Zetland Harriers
91	2142	00:26:43	Luke Ingham	Kendal AAC
92	2024	00:26:43	Luke Betts	Chorley AC
93	2232	00:26:45	Freddie Hessian	Notts AC
94	2146	00:26:48	Beau Smith	Lancaster & Morecambe AC
95	2047	00:26:50	Andrew Worden	Cornwall AC
96	2289	00:26:52	Ben Hetherington	Sedgefield Harriers
97	2276	00:26:54	Sam Turnell	Rugby & Northampton AC
98	2433	00:26:55	Liam Blaikie	Woodford Green AC with Essex Ladies
99	2308	00:26:56	Joshua Asbrey	Sleaford Striders
100	2403	00:26:59	Matthew O'Connor	Wakefield District H & AC
101	2345	00:26:59	Kristian Edwards	Tamworth AC
102	2311	00:27:01	Henry Valentine	South Cheshire Harriers
103	2040	00:27:02	Callum Crawford	City of York AC
104	2123	00:27:03	Thomas Travis-Pollard	Holmfirth Harriers AC
105	2074	00:27:04	Ben Waterman	Ealing Southall & Middlesex AC
106	2238	00:27:04	Matt Williams	Notts AC
107	2325	00:27:06	Joshua Woodcock-Shaw	Spensborough & District AC

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108	2410	00:27:10	Liam Renton	Warrington AC
109	2370	00:27:15	Dominic Brown	Tonbridge AC
110	2075	00:27:15	Jack Donnelly	East Cheshire Harriers & Tameside AC
111	2378	00:27:16	Cameron Knapp	Tonbridge AC
112	2199	00:27:18	Sam Redding	Marshall Milton Keynes AC
113	1963	00:27:19	Daniel Quarmby	Blackpool Wyre & Fylde AC
114	1945	00:27:19	Adam Willis	Bexley AC
115	2434	00:27:20	Ryan Dunne	Woodford Green AC with Essex Ladies
116	2113	00:27:21	Alex Cloona	Herts Phoenix AC
117	2163	00:27:22	Billy Mead	Leighton Buzzard AC
118	2263	00:27:22	Danny Walsh	Rossendale Harriers & AC
119	2274	00:27:23	Robert Male	Rugby & Northampton AC
120	2438	00:27:23	David Jubb	Worcester AC
121	2396	00:27:26	Tom Marsden	Vale Royal AC
122	2033	00:27:27	Alex Brecker	City of Stoke AC
123	2421	00:27:28	Zac Curran	Windsor Slough Eton & Hounslow AC
124	2397	00:27:29	Andy Miles	Vale Royal AC
125	2225	00:27:29	Tommy Bowler	Newham & Essex Beagles
126	2400	00:27:34	Ben Daggett	Wakefield District H & AC
127	2158	00:27:38	Jonny Monk	Leicester Coritanian
128	2178	00:27:38	Alistair Nelson	Liverpool Pembroke & Sefton H AC
129	1935	00:27:39	Luke Angell	Bedford & County AC
130	2391	00:27:41	James Ayre	Vale Royal AC
131	2245	00:27:42	Nicholas Stone	Peterborough AC
132	2054	00:27:42	Jack Vilette	Coventry Godiva Harriers
133	2167	00:27:43	Matthew Bee	Lincoln Wellington AC
134	1938	00:27:44	Michael Harrison	Bedford & County AC
135	2335	00:27:44	Jamie White	St.Helens Sutton AC
136	2377	00:27:44	Jack Keywood	Tonbridge AC
137	2027	00:27:45	Tom Hook	City of Norwich AC
138	2097	00:27:47	Bradley Traviss	Halifax Harriers & AC
139	1953	00:27:48	Jonny Venables	Birmingham RA & TC
140	2026	00:27:48	Jack Harrison	City of Norwich AC
141	2280	00:27:49	Kyle Conway	Sale Harriers Manchester
142	2267	00:27:49	Nicholas Myers	Rotherham Harriers & AC
143	2188	00:27:50	Guy Gregory	Ludlow Runners
144	2150	00:27:50	Callum Hanlon	Leamington C & AC
145	2394	00:27:53	Lewis Healey	Vale Royal AC
146	2104	00:27:55	Joseph Clark	Hercules Wimbledon AC
147	2316	00:27:56	Rees Gillard	Southend AC
148	2411	00:27:56	Christopher Smith	Warrington AC
149	2061	00:27:56	Oliver Glyn	Dacorum & Tring AC
150	2039	00:27:59	Louis Wrigley	City of Stoke AC
151	2364	00:28:01	Joseph Kirton	Thetford AC
152	1910	00:28:02	Robert Hislop	Aldershot Farnham & District
153	2083	00:28:04	Daniel Cunington	Gateshead Harriers & AC
154	2021	00:28:05	George Gillingwater	Chiltern Harriers AC
155	2102	00:28:06	Adam Edwards	Havering Mayesbrook AC
156	2139	00:28:07	Matthew Fearn	Jarrow & Hebburn AC
157	2013	00:28:08	Adam Crook	Chelmsford AC
158	2176	00:28:09	Sean Kirkbride	Liverpool Pembroke & Sefton H AC
159	2313	00:28:09	David Wakefield	South Shields Harriers & AC
160	2309	00:28:09	Daniel Rebeiro	Solihull & Small Heath AC
161	2409	00:28:10	Matthew Pontifex	Warrington AC

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162	1947	00:28:10	Thomas Wright	Bexley AC
163	2023	00:28:10	Jack Walker	Chiltern Harriers AC
164	2187	00:28:14	Russell Adams	Ludlow Runners
165	2210	00:28:14	Ross Huskissen	Nene Valley Harriers
166	2045	00:28:15	Jordan Roberts	Cornwall AC
167	2393	00:28:16	Josh Boyce	Vale Royal AC
168	2087	00:28:16	Daniel Johnson	Gateshead Harriers & AC
169	2038	00:28:17	Kris Washington	City of Stoke AC
170	2179	00:28:22	Kyle Nichols	Liverpool Pembroke & Sefton H AC
171	2353	00:28:25	Alex Jones	Teambath AC
172	2270	00:28:28	Theo Larcombe	Royal Sutton Coldfield AC
173	2323	00:28:30	Simon Bolland	Spensborough & District AC
174	2140	00:28:30	Tom Hartley	Kendal AAC
175	1964	00:28:30	Adam Weightman	Blackpool Wyre & Fylde AC
176	2165	00:28:32	Adam Baker	Lincoln Wellington AC
177	2095	00:28:35	Max Park-Davies	Halesowen ACC
178	2137	00:28:36	Andrew Revell	Ipswich Harriers
179	2209	00:28:36	Ben Hampsen	Nene Valley Harriers
180	2243	00:28:37	Ryan Meredith	Oxford City AC
181	2141	00:28:39	Mike Hoyle	Kendal AAC
182	2051	00:28:40	Jack Pegler	Coventry Godiva Harriers
183	2329	00:28:41	Chris Hilton	St.Albans AC
184	2147	00:28:41	James Whitaker	Lancaster & Morecambe AC
185	2300	00:28:42	Joe Headland	Shaftesbury Barnet Harriers
186	2383	00:28:46	Giorgio Russo	Tonbridge AC
187	2367	00:28:47	George Duckworth	Tipton Harriers
188	2032	00:28:49	Sam Botham	City of Stoke AC
189	2334	00:28:51	Jamie Webb	St.Helens Sutton AC
190	2007	00:28:52	Matthew Cox	Charnwood AC
191	2048	00:28:53	Simon Annetts	Coventry Godiva Harriers
192	1968	00:28:53	Jake Jansen	Blyth RC
193	2090	00:28:54	James Stewart	Gateshead Harriers & AC
194	2222	00:28:54	Linton Taylor	Newark AC
195	2266	00:28:55	Chris Maris	Rotherham Harriers & AC
196	2248	00:28:56	Alex Bow	Reading AC
197	2035	00:28:56	Tom Hendricken	City of Stoke AC
198	2069	00:29:00	Archie Allen	Ealing Southall & Middlesex AC
199	2121	00:29:05	Max Lawton	Holmfirth Harriers AC
200	2244	00:29:08	Stewart Haw	Peterborough AC
201	2399	00:29:11	Mike Vennard	Vale Royal AC
202	2343	00:29:14	Aidan Blythe	Tamworth AC
203	2063	00:29:15	Llwyd Griffiths	Derby AC
204	8651	00:29:16	Scott Povey	Blyth RC
205	2160	00:29:16	Adam Howarth	Leigh Harriers & AC
206	2067	00:29:17	Joseph Wilkinson	Derby AC
207	2215	00:29:17	Daniel Patterson	Nene Valley Harriers
208	2402	00:29:17	Jack Mitchell	Wakefield District H & AC
209	2004	00:29:21	Michael Smith	Cannock & Stafford AC
210	2318	00:29:22	Max Knight	Southend AC
211	2338	00:29:24	Liam Cole	Stratford on Avon AC
212	2428	00:29:25	James Tidd	Windsor Slough Eton & Hounslow AC
213	2333	00:29:27	Nathan Brown	St.Helens Sutton AC
214	2011	00:29:27	William Kirk	Charnwood AC
215	2385	00:29:29	Nick Taylor	Tonbridge AC

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216	1998	00:29:29	Cory Parker	Burton AC
217	2349	00:29:30	Jack Griggs	Teambath AC
218	2324	00:29:34	Christopher Hampson	Spenborough & District AC
219	2219	00:29:36	Daniel Barrie	Newark AC
220	1902	00:29:36	Owen Stepney	Abingdon AAC
221	2183	00:29:39	Alex Beattie-Child	London Heathside
222	2306	00:29:40	Matthew Coulthard	Shildon R & AC
223	2431	00:29:40	Chris Brookes	Wolverhampton & Bilston AC
224	2022	00:29:42	Liam McDonald	Chiltern Harriers AC
225	2076	00:29:42	Michael Fagg	East Cheshire Harriers & Tameside AC
226	2253	00:29:42	Edward Stockdale	Reading AC
227	1901	00:29:47	Josh Beech	Abingdon AAC
228	2207	00:29:48	Sam Hancox	Morpeth Harriers & AC
229	2419	00:30:03	Gari Brown	Windsor Slough Eton & Hounslow AC
230	2237	00:30:22	Phillip Waring	Notts AC
231	2432	00:30:27	Sam Bengé	Woodford Green AC with Essex Ladies
232	2443	00:30:33	Matt Kirby	Wreake Runners
233	1979	00:30:34	Aidan McClure	Boston & District AC
234	2166	00:30:36	Harry Baxter	Lincoln Wellington AC
235	1943	00:30:39	Niki Faulkner	Bexley AC
236	2259	00:30:41	Ryan Bradshaw	Rossendale Harriers & AC (NS)
237	2099	00:30:43	Jake Watson	Harborough AC
238	2312	00:30:45	Michael Todd	South Shields Harriers & AC
239	2151	00:30:50	Olie Watson	Leeds Carnegie AC
240	1931	00:30:51	Benjamin Boxer	Barnet & District AC
241	2064	00:30:55	Jonathon Owen	Derby AC
242	1946	00:30:56	Charles Winch	Bexley AC
243	2241	00:30:57	Alberic Hall	Orion Harriers
244	2003	00:31:23	James Lake	Cannock & Stafford AC
245	1980	00:31:24	Luke Bartholomew	Bracknell AC
246	2430	00:31:29	Gary Shape	Wirral AC
247	2442	00:31:36	Will Goodbourn	Wreake Runners
248	2111	00:31:38	John Tayleur	Herne Hill Harriers
249	2077	00:31:39	James Hill	East Cheshire Harriers & Tameside AC
250	2122	00:31:39	Jake Richardson	Holmfirth Harriers AC
251	2268	00:31:49	Chris Ogden	Rotherham Harriers & AC
252	1921	00:31:50	Alex Harker	Amber Valley & Erewash AC
253	2310	00:31:55	Russell Gibbons	South Cheshire Harriers
254	2181	00:31:56	David Reece	Liverpool Pembroke & Sefton H AC
255	2110	00:32:04	Charles Phillpot	Herne Hill Harriers
256	2001	00:32:07	Edward Dennis	Cannock & Stafford AC
257	2068	00:32:25	Mohamed Abdi-Mohamud	Ealing Southall & Middlesex AC
258	2213	00:32:34	Dan Martin	Nene Valley Harriers
259	2357	00:33:07	Luke Tatton	Telford AC
260	2056	00:33:13	Bradley Smith	Crewe & Nantwich AC
261	2369	00:33:14	Tom Hammond	Tipton Harriers
262	2229	00:33:48	Ben Abbott	Notts AC
263	2348	00:33:54	Ben Wright	Tamworth AC
264	2368	00:35:22	Adam Evans	Tipton Harriers
265	2070	00:35:47	Akira Anzai Jackson	Ealing Southall & Middlesex AC
266	2180	00:35:50	Robert Parkinson	Liverpool Pembroke & Sefton H AC
267	1971	00:36:05	Calum Storey	Blyth RC
268	2025	00:36:51	Dylan Grindley	Chorley Harriers & Tri
269	1966	00:36:56	Scott Goodfellow	Blyth RC

270 2291 00:38:06 Ben Norris

Sedgefield Harriers