

2013 National XC Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1	0:41:21	5286	Keith Gerrard	Newham & Essex	101	0:46:11	4234	Peter Tucker	Blackheath & Bron	201	0:48:57	4310	Andrew Donno	Brighton & Hove A
2	0:41:24	5726	Steve Vernon	Stockport Harriers	102	0:46:12	6128	Ewan Brown	York Knavesmire H	202	0:48:58	4005	Harry Carter	Aldershot Farnham
3	0:41:47	4112	Neilson Hall	Bedford & County	103	0:46:13	5607	Hugh Torry	Serpentine RC	203	0:48:59	5858	Tom Holden	Tipton Harriers
4	0:41:50	4828	Shaun Dixon	Highgate Harriers	104	0:46:14	5844	Sean Renfer **	Thames Valley Har	204	0:49:00	4125	Will Cockerell	Belgrave Harriers
5	0:41:57	4545	Daniel Garbutt	Durham City Harrie	105	0:46:16	5518	Gareth Raven	Sale Harriers Manc	205	0:49:03	4174	John Convery	Bingley Harriers &
6	0:42:02	4231	Mike Skinner	Blackheath & Bron	106	0:46:22	5984	Harry Coates	Wallsend Harriers	206	0:49:04	4639	Rob De Giovanni	Gateshead Harrier
7	0:42:04	5046	James Wilkinson	Leeds City AC	107	0:46:23	5481	Chris Fell	Rossendale Harrier	207	0:49:07	4895	Tim Corby	Invicta East Kent A
8	0:42:05	5232	Jonathan Taylor	Morpeth Harriers	108	0:46:25	4357	David Fellwell	Chelmsford AC	208	0:49:08	5885	Graeme Saker	Tonbridge AC
9	0:42:13	5628	Meles Okbazghi	Sheffield Harrie	109	0:46:27	4119	Will Mackay	Bedford & County	209	0:49:09	4463	Harvey Speed	Coventry Godiva H
10	0:42:14	4936	John Gilbert	Kent AC	110	0:46:31	5489	Richard Harris	Rotherham Harrier	210	0:49:10	5303	Nick Baker	North Derbyshire F
11	0:42:18	5221	Richard Morrell	Morpeth Harriers	111	0:46:33	4800	Fred Slemack	Hercules Wimble	211	0:49:10	5491	Aidan Johnson	Rotherham Harrier
12	0:42:39	5360	Aaron Scott	Notts AC	112	0:46:34	4822	Peter Townsend	Herts Phoenix AC	212	0:49:12	5208	Adam Mitchell	Middlesbrough AC
13	0:42:49	5864	Phil Nicholls	Tipton Harriers	113	0:46:35	5225	Jordan Scott	Morpeth Harriers	213	0:49:14	4794	Phil Glynn	Hercules Wimble
14	0:42:49	4007	Steven Connor	Aldershot Farnham	114	0:46:36	4841	Richard Scott	Highgate Harriers	214	0:49:15	4830	Peter Downie	Highgate Harriers
15	0:42:53	5234	Lewis Timmins	Morpeth Harriers	115	0:46:37	4464	Toby Spencer	Coventry Godiva H	215	0:49:17	4999	Steve Worthington	Lancaster & Morec
16	0:43:04	5041	Carl Smith	Leeds City AC	116	0:46:38	4559	Sam Ashcroft	Ealing Southall & N	216	0:49:21	4845	Rob Walker	Highgate Harriers
17	0:43:08	5044	James Walsh	Leeds City AC	117	0:46:39	5719	Jamie Loxam	Stockport Harriers	217	0:49:25	5310	Oliver Teasal	North Derbyshire F
18	0:43:14	5861	Josh Lilly	Tipton Harriers	118	0:46:40	5345	Tom Crowley	Notts AC	218	0:49:27	4347	James Douglas	Charnwood AC
19	0:43:18	5608	Nicholas Torry	Serpentine RC	119	0:46:42	5063	Richard Blunden	Lincoln Wellington	219	0:49:27	4411	Brendan McMillan	Claremont RR & A
20	0:43:19	4264	James Douglas	Border Harriers & J	120	0:46:45	5344	Matt Blunden	Notts AC	220	0:49:28	5761	Nathan Reed	Sunderland Harrie
21	0:43:19	5224	Matthew Nicholson	Morpeth Harriers	121	0:46:46	6109	Martyn Cryer	Woodford Green A	221	0:49:28	4971	Matthew Hallam	Kippax & District H
22	0:43:21	5296	Gavin Smith	Newham & Essex	122	0:46:47	5868	Ian Williams	Tipton Harriers	222	0:49:31	4429	Gareth Lowe	Clowne RR
23	0:43:22	5860	Richard Kay	Tipton Harriers	123	0:46:47	4894	Donald Carter	Invicta East Kent A	223	0:49:32	5091	Anthony Hall	London Heathside
24	0:43:25	4026	Matthew Barnes	Altrincham & Distr	124	0:46:47	5687	James Tartt	Southport Waterlo	224	0:49:34	6108	Louis Clark	Woodford Green A
25	0:43:26	4130	James Kelly	Belgrave Harriers	125	0:46:49	5294	Niall Sheehan **	Newham & Essex E	225	0:49:36	4992	David Brown	Lancaster & Morec
26	0:43:27	5723	Alex O'gorman	Stockport Harriers	126	0:46:51	4833	Ryan McKinlay	Highgate Harriers	226	0:49:38	4341	Will Bowers	Cambridge Univer
27	0:43:29	5367	Alistair Watson	Notts AC	127	0:46:52	4308	Howard Bristow	Brighton & Hove A	227	0:49:41	4215	Danny Brewer	Blackheath & Bron
28	0:43:31	5012	Alan Buckley	Leeds City AC	128	0:46:53	4113	Richard Henderson	Bedford & County	228	0:49:44	5278	Wayne Bell	Newham & Essex E
29	0:43:34	5071	Richard Burney	Liverpool Harriers	129	0:46:53	4568	Patrick Gardiner	East Cheshire Harr	229	0:49:46	4267	John Mason	Border Harriers & J
30	0:43:34	5542	Gary Priestley	Salford Harriers	130	0:46:54	5085	Tom Aldred	London Heathside	230	0:49:46	5236	Paul Waterston	Morpeth Harriers
31	0:43:36	4107	Darren Deed	Bedford & County	131	0:46:55	5874	Ben Cole	Tonbridge AC	231	0:49:46	4835	Gold Nick	Highgate Harriers
32	0:43:37	4713	Joe Gratten	Hallamshire Harrie	132	0:46:56	6115	Bertie Powell	Woodford Green A	232	0:49:47	5239	Mike Chapman	Nene Valley Harrie
33	0:43:39	4120	Steve Naylor	Bedford & County	133	0:46:57	4806	Jeff Cunningham	Herne Hill Harriers	233	0:49:48	4169	Nicholas Barber	Billingham Marsh
34	0:43:50	5366	Christopher Warburton	Notts AC	134	0:46:58	5076	John Mccole	Liverpool Harriers	234	0:49:50	4635	Dara Chesser	Gateshead Harrier
35	0:43:54	5389	Danny Hallam	Notts AC	135	0:46:59	5253	Dominic Shaw	New Marske Harri	235	0:49:51	5851	Mike Buntin	Tipton Harriers
36	0:44:03	4548	Daniel Jenkin	Durham City Harrie	136	0:46:59	6051	Simon Millett	Windsor Slough Et	236	0:49:52	5480	Grant Cunliffe	Rossendale Harrie
37	0:44:05	4836	Ben Noad	Highgate Harriers	137	0:47:01	5067	Josh Stone	Lincoln Wellington	237	0:49:52	5353	John Muddeman	Notts AC
38	0:44:13	4933	Russell Bentley	Kent AC	138	0:47:02	4829	Henry Dodwell	Highgate Harriers	238	0:49:53	6141	Tom Bush	Altrincham & Distr
39	0:44:15	4182	Ben Livesey	Birchfield Harriers	139	0:47:03	5393	Paul Miles	Owls AC	239	0:49:54	5929	Richard Parker	Tynedale Harriers
40	0:44:17	5533	Thomas Cornthwaite	Salford Harriers	140	0:47:05	4808	Tim Elsey	Herne Hill Harriers	240	0:49:54	4206	Chris Barnes	Blackburn Harriers
41	0:44:17	4037	James Reed	Altrincham & Distr	141	0:47:09	4902	Andy Burn	Jarrow & Hebburn	241	0:49:55	6017	David Alexander	West Cheshire AC
42	0:44:20	5876	Andrew Combs	Tonbridge AC	142	0:47:12	4220	Alex Gibbons	Blackheath & Bron	242	0:49:56	5987	Brian Hetherington	Wallsend Harriers
43	0:44:22	5020	Simon Deakin	Leeds City AC	143	0:47:20	6099	David Smith	Wolverhampton &	243	0:50:01	5075	Ian Lawton	Liverpool Harriers
44	0:44:27	5856	Matt Granger	Tipton Harriers	144	0:47:22	4017	Neil Phillips	Aldershot Farnham	244	0:50:02	4451	Dan Clarke	Coventry Godiva H
45	0:44:30	5127	Daniel Woodgate	Luton AC	145	0:47:22	6008	Robert Danson	Wesford RR	245	0:50:04	4214	Sam Barnes	Blackheath & Bron
46	0:44:32	5231	Graeme Taylor	Morpeth Harriers	146	0:47:23	6123	Harold Wyber	Woodford Green A	246	0:50:06	5669	David Wakefield	South Shields Harri
47	0:44:36	5859	Adrian Holliday	Tipton Harriers	147	0:47:25	4356	Jason Williams	Charnwood AC	247	0:50:11	4123	Alan Turnbull	Bedford & County
48	0:44:38	5292	Dave Mitchinson	Newham & Essex E	148	0:47:25	4714	Matt Hobbs	Hallamshire Harrie	248	0:50:14	4296	Paul Thompson	Bournville Harriers
49	0:44:38	4117	Matt Jones	Bedford & County	149	0:47:26	5018	Alex Davy	Leeds City AC	249	0:50:17	5746	Michael Barker	Sunderland Harrie
50	0:44:39	5857	Phil Hinch	Tipton Harriers	150	0:47:27	5210	Michael Dawson	Morpeth Harriers	250	0:50:17	5935	James Griffiths	Vale Royal AC
51	0:44:40	4456	Matt Lole	Coventry Godiva H	151	0:47:27	5154	Alan Corlett	Manx Harriers	251	0:50:18	4024	Robert Wakefield	Aldershot Farnham
52	0:44:41	5227	Ryan Stephenson	Morpeth Harriers	152	0:47:29	5853	Oz Ellis	Tipton Harriers	252	0:50:22	4799	Matthew Sharp	Hercules Wimble
53	0:44:45	4339	Dean Lacy	Cambridge Harrier	153	0:47:29	4103	Alex Bellew	Bedford & County	253	0:50:22	4573	Lee Bennett	Elswick Harriers
54	0:44:47	4111	John Eves	Bedford & County	154	0:47:35	5003	Jamie Langley	Leamington Cyclin	254	0:50:23	5318	Scott Ellis	North Shields Poly
55	0:44:49	4934	James Conner	Kent AC	155	0:47:36	5022	Tom Edwards	Leeds City AC	255	0:50:25	5429	Peter Haarer	Ranelagh Harriers
56	0:44:50	4840	Danny Russell	Highgate Harriers	156	0:47:41	4932	Stuart Beaney	Kent AC	256	0:50:25	5095	Dan McKeown	London Heathside
57	0:44:51	4864	Richard Anderson	Holmfirth Harriers	157	0:47:43	4860	Daniel Thompson	Hillingdon AC	257	0:50:26	4793	Sean Crummy	Hercules Wimble
58	0:44:52	5013	Mike Burrett	Leeds City AC	158	0:47:45	4805	Mike Cummings	Herne Hill Harriers	258	0:50:27	4698	David Turvey	Halesowen AC
59	0:44:54	5352	Sam Mitchell	Notts AC	159	0:47:45	4770	Darren Ridout	Heanor RC	259	0:50:28	4854	James Laing	Hillingdon AC
60	0:44:57	6052	Alex Tovey	Windsor Slough Et	160	0:47:46	4736	Chris Miller	Harrogate Harriers	260	0:50:30	4295	Chris Tarren	Bournville Harriers
61	0:45:03	4018	Jason Prickett	Aldershot Farnham	161	0:47:47	5240	Josh Lunn	Nene Valley Harrie	261	0:50:32	5875	Greg Cole	Tonbridge AC
62	0:45:03	5289	Ollie Laws	Newham & Essex	162	0:47:48	5537	Rob Hughes	Salford Harriers	262	0:50:34	6134	Chris Roberts	York Knavesmire H
63	0:45:05	5364	Jonathon Thewlis	Notts AC	163	0:47:48	5499	Chris Perez	Rugby & Northam	263	0:50:36	5924	Andy Green	Tynedale Harriers
64	0:45:07	4838	Ben Pochee	Highgate Harriers	164	0:47:49	5498	Sebastian Palmer	Rugby & Northam	264	0:50:36	4624	Steve Watkins	Eton Manor AC
65	0:45:09	4939	Florian Neuschwander	Kent AC	165	0:47:50	5269	Matt Whitfield	Notts AC	265	0:50:37	5204	Christopher Rumsey	Middlesbrough & C
66	0:45:13	4002	Josh Arnold	Aldershot Farnham	166	0:48:01	5316	Ben Harrison	Morpeth Harriers	266	0:50:43	4275	Matt Grace	Bourne Town Harri
67	0:45:14	5363	Stuart Spencer	Notts AC	167	0:48:04	5524	James Wignall	Sale Harriers Manc	267	0:50:44	4547	Robert Hand	Durham City Harrie
68	0:45:15	4446	Chris Bannon	Coventry Godiva H	168	0:48:05	4462	Alistair Smith	Coventry Godiva H	268	0:50:44	4297	Bradlee Tod	Bournville Harriers
69	0:45:18	5297	Kairn Stone	Newham & Essex	169	0:48:06	5351	Steve Long	Notts AC	269	0:50:44	4487	David White	Croydon Harriers
70	0:45:18	4956	Steve Hebblethwaite	Keswick AAC	170	0:48:07	5219	Andrew Lawrence	Morpeth Harriers	270	0:50:46	5854	Chris Fullerton	Tipton Harriers
71	0:45:20	4937	Chris Greenwood	Kent AC	171	0:48:08	5279	Eliot Buckner	Newham & Essex E	271	0:50:49	4804	Simon Coombes	Herne Hill Harriers
72	0:45:20	5066	Shane Robinson	Lincoln Wellington	172	0:48:10	6037	Rob Downs	Wilmslow RC	272	0:50:52	4987	Robert Kelly	Knowsley Harriers
73	0:45:23	4229	Andy Rayner	Blackheath & Bron	173	0:48:11	4122	Oliver Saville	Bedford & County	273	0:50:53	5384	Andrew Robertshaw	Otley AC
74	0:45:24	5229	Nick Swinburn	Morpeth Harriers	174	0:48:12	4355	Tom Whitmore	Charnwood AC	274	0:50:56	4970	Gregan Clarkson	Kingston upon Hull
75	0:45:26	5218	Ian Hudspith	Morpeth Harriers	175	0:48:13	4924	Phil Gould	Kenilworth Runner	275	0:50:59	4866	Alistair Langron	Holmfirth Harriers
76	0:45:28	5177	Tom Collins	Medway & Maidst	176	0:48:16	4011	Tim Doran	Aldershot Farnham	276	0:51:00	4699	Richard White	Halesowen AC
77	0:45:31	5390	Edward Highton	Owls AC	177	0:48:17	5396	Lewis Smart	Owls AC	277	0:51:03	5077	Lee Midghall	Liverpool Harriers
78	0:45:31	5050	Jon Willis	Leeds City AC	178	0:48:18	4028	David Cowlshaw	Altrincham & Distr	278	0:51:03	4089	Gavin Felton	Barnsley AC
79	0:45:33	5348	Tim Hartley	Notts AC	179	0:48:21	5755	Craig Isherwood	Sunderland Harrier	279	0:51:05	4236	Stewart Bell	Blackhill Bounders
80	0:45:40	5215	Ian Harding	Morpeth Harriers	180	0:48:22	4861	Robert Thompson	Hillingdon AC	280	0:51:07	4358	Peter Hawkings	Chelmsford AC
81	0:45:41	5600	Richard Phillips	Serpentine RC	181	0:48:22	4942	Phil Sanders	Kent AC	281	0:51:08	4674	Ben Evans	Guildford & Godal
82	0:45:43	4952	Carl Bell	Keswick AAC	182	0:48:23	5530	Simon Bruton	Salford Harriers	282	0:51:08	5840	Gordon Irvine	Thames Valley Har
83	0:45:44	5614	Orlando Edwards	Shaftesbury Barne	183	0:48:26	5385	Simon Allen	Owls AC	283	0:51:09	6062	Mark Hulmston	Wirral AC
84	0:45:44	5030	Nick Hooker	Leeds City AC	184	0:48:28	4353	Peter Swaine	Charnwood AC	284	0:51:10	4954	Ian Davies	Keswick AAC
85	0:45:45	5490	Phillip Hoole	Rotherham Harrier	185	0:48:30	5228	Thomas Straughan	Morpeth Harriers	285	0:51:12	4029	Adrian Fuller	Altrincham & Distr
86	0:45:46	5199	Greg Jayasuriya	Middlesbrough & C	186	0:48								

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Pos	Time	No	Name	Club	Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
301	0:51:33	5048	Trevor Wilks	Leeds City AC	401	0:53:31	6126	Barry Atkinson	York Knavesmire H	501	0:55:53	5952	Jeremy Gold	Victoria Park H & T
302	0:51:34	4908	Colin Robson	Jarrow & Hebburn	402	0:53:32	4638	Richard Craven	Gateshead Harrier	502	0:55:56	4662	Russell Sharp	Great Bentley RC
303	0:51:34	5695	Jeff Hornby	Spenborough & Di	403	0:53:36	5555	Chris Kennedy	Saltwell Harriers	503	0:55:56	5416	Alex Jones	Pudsey & Bramley
304	0:51:35	5042	Peter Steel	Leeds City AC	404	0:53:39	6069	Peter Scarrett	Wirral AC	504	0:55:58	4777	Philip Green	Heaton Harriers
305	0:51:35	4389	John Danahay	City of Stoke AC	405	0:53:40	5569	Justin Cox	Sedgefield Harriers	505	0:55:58	5964	Phil Cuthbert	Wallasey AC
306	0:51:37	4846	Martin Bateman	Hillingdon AC	406	0:53:43	4570	Gary Matthews	East Cheshire Harr	506	0:55:59	6023	Paul Windle	Wetherby Runners
307	0:51:37	6139	Phil Williams	Leigh Harriers & At	407	0:53:43	5092	Chris Hartley	London Heathside	507	0:56:01	4961	Robin Orr	Keswick AAC
308	0:51:39	4640	Phil Edge	Gateshead Harrier	408	0:53:44	5655	Kevin Emmett	South Shields Harri	508	0:56:01	4470	Jason Bridgewater	Crook & District AC
309	0:51:40	5247	Nasir Hussain	New Marske Harri	409	0:53:45	4809	Deron Fagan	Herne Hill Harriers	509	0:56:03	4196	Peter Gill	Birtley AC
310	0:51:41	4453	James Griggs	Coventry Godiva H	410	0:53:48	5469	Ian Roberts	Rochdale Harriers	510	0:56:03	5967	Greg Jones	Wallasey AC
311	0:51:43	5757	Paul Merrison	Sunderland Harrier	411	0:53:49	6055	Kevin Buxton	Wirral AC	511	0:56:04	5531	Albert Castile	Salford Harriers
312	0:51:44	4314	Niall Robinson	Brighton & Hove A	412	0:53:51	4590	Mark Turnbull	Elswick Harriers	512	0:56:05	4271	Stuart Windsor	Border Harriers & J
313	0:51:45	4003	Richard Batchelor	Aldershot Farnhar	413	0:53:51	4397	Paul Goble	City of York AC	513	0:56:08	5096	Norman Mitchell	London Heathside
314	0:51:45	5414	Niall Bourke	Pudsey & Bramley	414	0:53:53	6015	Alex Rowe	Wesham RR	514	0:56:10	4855	Paul Leppard	Hillingdon AC
315	0:51:50	6046	Jim Pendrill	Wilmslow RC	415	0:53:53	4661	Ben Ficken	Great Bentley RC	515	0:56:10	5114	Bob Najafi	Low Fell RC
316	0:51:53	6107	Gareth Cavell	Woodford Green A	416	0:53:54	5908	Paul Hilton	Tyne Bridge Harrie	516	0:56:12	4217	Richard Daniel	Blackheath & Bron
317	0:51:55	5023	Martin Farran	Leeds City AC	417	0:53:56	6058	William Ferguson	Wirral AC	517	0:56:12	4319	Simon Lanckham	Bromsgrove & Red
318	0:51:56	4783	Lucas Longman	Heaton Harriers	418	0:53:56	5604	Barney Southin	Serpentine RC	518	0:56:13	4679	Gavin Megaw	Guildford & Godal
319	0:51:56	5812	Dan Doherty	Team Balancise AC	419	0:53:57	4569	Simon Grundy	East Cheshire Harr	519	0:56:14	5083	Chris Ellis	Loftus & Whitby A
320	0:51:57	5119	Jonathan Stephens	Low Fell RC	420	0:53:57	4907	Ian Richie	Jarrow & Hebburn	520	0:56:16	4786	Dan Robins	Heaton Harriers
321	0:51:57	5056	Peter Mackrell	Leighton Buzzard A	421	0:53:59	4941	Len Reilly	Kent AC	521	0:56:16	5118	John Stephens	Low Fell RC
322	0:51:58	5361	Chris Smith	Notts AC	422	0:54:00	5999	Jon Kemp	Wellingborough &	522	0:56:17	5459	Dean Taylor	Ripley Running Clu
323	0:52:00	6081	Daniel Brazier	Wolverhampton &	423	0:54:00	4046	Wayne Martison	Askern District RC	523	0:56:17	4075	Lee Wren	Aycliffe RC
324	0:52:02	4695	Bill Nock	Halesowen AC	424	0:54:00	5325	Garry Robson	North Shields Poly	524	0:56:18	4575	Martin Connelly	Elswick Harriers
325	0:52:02	5358	Jarratt Perkins	Notts AC	425	0:54:04	5648	Paul Bainbridge	South Shields Harri	525	0:56:19	4004	Stuart Boswell	Aldershot Farnhar
326	0:52:02	5880	Harry Paton	Tonbridge AC	426	0:54:06	5647	George Bainbridge	South Shields Harri	526	0:56:22	4420	Christopher Balderson	Clayton-Le-Moors
327	0:52:07	4630	David Weekes	Folkestone RC	427	0:54:07	4850	Simon Connell	Hillingdon AC	527	0:56:25	5169	Dave Clarke	Massey Ferguson I
328	0:52:07	5753	Steven Graham	Sunderland Harrier	428	0:54:08	4848	Sam Blanshard	Hillingdon AC	528	0:56:27	5488	Howard Darwin	Rotherham Harrier
329	0:52:08	4814	Dave Mulvee	Herne Hill Harriers	429	0:54:08	4401	Mike Raynes	City of York AC	529	0:56:27	5495	Vincent Carroll	Rugby & Northam
330	0:52:09	5574	Nick Munro	Sedgefield Harriers	430	0:54:09	6094	Mark Moore	Wolverhampton &	530	0:56:28	6097	Ian Pincher	Wolverhampton &
331	0:52:10	4969	Richard Mathie	Kingston AC & Poly	431	0:54:11	4493	Simon Rutherford	Darlington Harriers	531	0:56:29	5921	Rob Wishart	Tyne Bridge Harrie
332	0:52:12	5941	Paul Kaiser	Valley Striders AC	432	0:54:14	5831	Jerry Watson	Thames Hare & Ho	532	0:56:31	4734	John Mcnerney	Harrogate Harriers
333	0:52:14	5839	Henry Hughes **	Thames Valley Har	433	0:54:15	4684	Matt Allen	Halesowen AC	533	0:56:34	5992	John Sturman	Wallsend Harriers
334	0:52:16	5979	Phil Walton	Wallasey AC	434	0:54:16	4186	Brendan Fitzgerald	Birmingham Runni	534	0:56:36	4991	Robert Williams	Knowsley Harriers
335	0:52:16	4957	Josh Hebson	Keswick AAC	435	0:54:17	5362	Robert Smith	Notts AC	535	0:56:38	5645	Nick Atkinson	South Shields Harri
336	0:52:17	5117	Roger Sillito	Low Fell RC	436	0:54:17	4930	Luke Armitage	Kent AC	536	0:56:38	4527	John Donkey	Derwentide AC
337	0:52:17	5718	James Corden	Stockport Harriers	437	0:54:17	5662	Mick Jones	South Shields Harri	537	0:56:38	6018	Andrew Clague	West Cheshire AC
338	0:52:18	5986	Andy Graham	Wallsend Harriers	438	0:54:20	5907	Mark Hall	Tyne Bridge Harrie	538	0:56:40	5797	Neil Mcalpine	Sutton Runners
339	0:52:18	5914	David Moir	Tyne Bridge Harrie	439	0:54:21	5037	Chris Needham	Leeds City AC	539	0:56:41	6124	Steve Heighway	Wootton Road Run
340	0:52:18	5596	Dave Morgan	Serpentine RC	440	0:54:23	6056	Anthony Devoy	Wirral AC	540	0:56:41	4888	Scott Henderson	Hyde Park Harriers
341	0:52:18	5786	Steve McMahon	Sunderland Strolle	441	0:54:24	5953	Tom Heslop	Victoria Park H & T	541	0:56:41	5101	Alex Sweet	London Heathside
342	0:52:20	5307	Michael Gheoghan	North Derbyshire F	442	0:54:24	5819	Ashley Slater	Telford AC	542	0:56:42	6057	Kevin Dickinson	Wirral AC
343	0:52:21	4359	Ken Hoye	Chelmsford AC	443	0:54:28	5202	David Tatton	Telford AC	543	0:56:42	4611	Tom Spurling	Elvet Striders
344	0:52:22	4379	Jonathan Quint	City Of Norwich AC	444	0:54:28	5098	Andy Owen	London Heathside	544	0:56:42	4604	Jeremy Lloyd	Elvet Striders
345	0:52:27	5233	Mick Thomsen	Morpeth Harriers	445	0:54:29	4479	Robert Teasdale	Crook & District AC	545	0:56:43	4646	Phil Mckeown	Gateshead Harrier
346	0:52:29	5965	Mike Green	Wallasey AC	446	0:54:30	4019	James Ratcliffe	Aldershot Farnhar	546	0:56:46	4588	Kevin Stephenson	Elswick Harriers
347	0:52:29	5383	Jonathan Greenwell	Otley AC	447	0:54:32	5891	John Howe	Trafford AC	547	0:56:47	5308	Steve Leverton	North Derbyshire F
348	0:52:31	4265	Jon Fletcher	Border Harriers & J	448	0:54:33	5715	Michael John Savage	Steel City Striders	548	0:56:49	4244	Ian Walton	Blackhill Bounders
349	0:52:32	5663	Nick Joyce	South Shields Harri	449	0:54:33	5547	Phil West	Salford Harriers	549	0:56:53	5928	Mike Little	Tynedale Harriers
350	0:52:34	4235	Jon Vinter	Blackheath & Bron	450	0:54:34	4724	William Clapp	Harborough AC	550	0:56:54	4088	Robert Elstone	Barnsley AC
351	0:52:35	4636	Kevin Connelly	Gateshead Harrier	451	0:54:36	4329	Matthew Applegate	Cambridge & Coler	551	0:56:54	4473	Mike Hooper	Crook & District AC
352	0:52:36	4766	Paul Clarke	Heanor RC	452	0:54:37	4400	Andy Normandale	City of York AC	552	0:56:57	5925	Peter Hearn	Tynedale Harriers
353	0:52:37	4760	Andrew Minister	Hartlepool Burn Rc	453	0:54:38	5332	Joe Blackett	North York Moors	553	0:56:58	4421	Colin Shuttleworth	Clayton-Le-Moors
354	0:52:38	5934	Steve Caldwell	Vale Royal AC	454	0:54:38	5927	Philip Jameson	Tynedale Harriers	554	0:56:59	5580	Ben Cope	Serpentine RC
355	0:52:38	5751	Jonathan Dobson	Sunderland Harrier	455	0:54:39	4967	Michael Huntley	Kingston AC & Poly	555	0:57:00	6132	Rory Henderson	York Knavesmire H
356	0:52:39	4740	Dave Christie	Harrogate Tri Club	456	0:54:40	4916	Mark Knowles	Keighley & Craven	556	0:57:04	6080	Andrew Bave	Wolverhampton &
357	0:52:40	5627	Chris Ireland	Sheffield RC	457	0:54:40	4507	Craig Sharp	Dartford Harriers	557	0:57:05	4663	Michael Simmons	Great Bentley RC
358	0:52:41	5388	Scott Green	Owls AC	458	0:54:41	5563	Jim Thompson	Saltwell Harriers	558	0:57:06	5306	Liam Fidler	North Derbyshire F
359	0:52:41	4633	Paul Attley	Gateshead Harrier	459	0:54:44	4294	Stuart Pearson	Bournville Harriers	559	0:57:07	5370	Eric Fowler	Nuneaton Harriers
360	0:52:42	4867	Nathan Martin	Holmfirth Harriers	460	0:54:45	5561	Fred Smith	Saltwell Harriers	560	0:57:09	4772	Tony Weatherston	Heanor RC
361	0:52:43	4875	Thomas Grey	Houghton Harriers	461	0:54:46	5962	John Armstrong	Wallasey AC	561	0:57:10	4535	Graham Hobbs	Desford Striders
362	0:52:44	4394	Carl Platt	City of Stoke AC	462	0:54:47	4478	Mike Simpson	Crook & District AC	562	0:57:13	5632	Steve Howes	Solihull & Small He
363	0:52:45	4962	Kevin Doyle	Kimberworth Strid	463	0:54:50	5888	David Willumsen	Tonbridge AC	563	0:57:14	4667	Paul Mason	Great Western Rur
364	0:52:46	4955	Chris Edis	Keswick AAC	464	0:54:51	4049	Dean Winter	Askern District RC	564	0:57:15	5817	Michael Thompson	Teesdale AC
365	0:52:48	5536	Dave Hudson	Salford Harriers	465	0:54:51	5057	Chris Norman	Leighton Buzzard A	565	0:57:15	5281	George Choat	Newham & Essex F
366	0:52:49	5946	Steve Webb	Valley Striders AC	466	0:54:52	4083	Dave Brooksbank	Barnsley AC	566	0:57:16	5321	Alan Haddon	North Shields Poly
367	0:52:50	6105	Brian Wright	Wolverhampton &	467	0:54:52	5998	Matthew Hewitson	Wellingborough &	567	0:57:18	5461	Nick Barton	Rochdale Harriers
368	0:52:58	5578	Nick Barberis**	Serpentine RC	468	0:54:53	6104	Dan Vaughan	Wolverhampton &	568	0:57:20	4694	Andrew Nock	Halesowen AC
369	0:52:59	4043	Paul Collingwood	Askern District RC	469	0:54:53	5765	Abiel - Teklom Werede	Sunderland Harrier	569	0:57:22	5629	Jed Turner	Sheffield RC
370	0:53:00	4262	Steve Angus	Border Harriers & J	470	0:54:57	5565	Richard Johnson	Sandhurst Joggers	570	0:57:25	4665	Philip Chan	Great Western Rur
371	0:53:01	4893	David Westhead	Ilkley Harriers AC	471	0:54:58	4655	Tom Coates	Gosforth Harriers	571	0:57:26	4931	Mick Barlow	Kent AC
372	0:53:01	4195	Peter Farnie	Birtley AC	472	0:55:00	4543	David Cross	Durham City Harrie	572	0:57:27	5377	David Smith	Oldham & Royton
373	0:53:03	4289	Gareth Cadd	Bournville Harriers	473	0:55:01	4257	Jon French	Blyth City	573	0:57:29	4266	Dan Ibotsen	Border Harriers & J
374	0:53:04	4268	Graham Millican	Border Harriers & J	474	0:55:02	5258	John Birch	Newark AC	574	0:57:30	4298	Daniel Wilson	Bournville Harriers
375	0:53:05	4696	Christopher Royal	Halesowen AC	475	0:55:02	5896	Philip Mainwaring	Trentham RC	575	0:57:31	5917	Simon Pryde	Tyne Bridge Harrie
376	0:53:05	5476	Philip Williams	Rochdale Harriers	476	0:55:03	4837	Richard Petty	Highgate Harriers	576	0:57:32	4337	Clem Dixon	Cambridge Harrier
377	0:53:07	5486	John Comrie	Rotherham Harrier	477	0:55:05	5088	Julian Ferraro	London Heathside	577	0:57:33	6082	Simon Calrow	Wolverhampton &
378	0:53:07	5313	Kevin Lister	North East Veterar	478	0:55:05	5635	Andy Collins	South London Harr	578	0:57:35	4565	Gavin Browne	East Cheshire Harr
379	0:53:09	5528	Graeme Grindrod	Salford Harriers	479	0:55:05	5638	John Foss	South London Harr	579	0:57:35	5132	Greg Oulton	Lytham St Annes R
380	0:53:10	5760	Paul Redman	Sunderland Harrier	480	0:55:08	5220	Alistair MacDonald	Morpeth Harriers	580	0:57:36	4526	Mark Davinson	Derwentide AC
381	0:53:12	5656	Ben Forster	South Shields Harri	481	0:55:08	5129	Thomas Howarth	Lytham St Annes R	581	0:57:38	4574	Jonny Bolton	Elswick Harriers
382	0:53:12	4288	Richard Bayliss	Bournville Harriers	482	0:55:12	4202	Lee Millmore	Birtley AC	582	0:57:38	4434	Simon Slenny	Clowne RR
383	0:53:15	5784	Ken Maynard	Sunderland Strolle	483	0:55:14	5375	Johnny Lee	Oldham & Royton	583	0:57:39	5943	Kevin Mcmullan	Valley Striders AC
384	0:53:15	4044	Andrew Goodair	Askern District RC	484	0:55:21	6131	Giles Hawking	York Knavesmire H	584	0:57:41	5796	Damien Hersey	Sutton Runners
385	0:53:16	4191	Neil Allan	Birtley AC	485	0:55:22	5605	Andrew Taylor	Serpentine RC	585	0:57:42	5653	Paul Doxford	South

2013 National XC Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
601	0:58:02	4230	Ollie Robinson	Blackheath & Bron	701	1:00:15	5982	Michael Bell	Wallsend Harriers	801	1:02:58	5546	Paul Stephens	Salford Harriers
602	0:58:03	5261	Aaron Cain	Newark AC	702	1:00:16	4983	Owen Cotterell	Knowsley Harriers	802	1:03:00	4147	James McInerney	Belle Vue Racers
603	0:58:04	4917	Lukas Lee	Keighley & Craven	703	1:00:19	5815	Alan Every	Teambath AC	803	1:03:02	5947	James Bailey	Vegan Runners UK
604	0:58:05	4280	Tim Wigley	Bourne Town Harri	704	1:00:20	4637	Neil Corbiere	Gateshead Harrier	804	1:03:04	4041	Warren Uden	Ashford AC
605	0:58:05	5630	Tim Davies	Silson Joggers AC	705	1:00:22	5554	Phil James	Saltwell Harriers	805	1:03:05	4163	Colin Hyde	Bexley AC
606	0:58:05	5331	Barry Young	North Shields Poly	706	1:00:23	4881	Shaun McGrath	Houghton Harriers	806	1:03:05	5716	Ian Stinson	Steel City Striders
607	0:58:05	4105	Andy Cohen-Wray	Bedford & County	707	1:00:27	4460	Mike Peters	Coventry Godiva H	807	1:03:07	5762	Peter Richardson	Sunderland Harrier
608	0:58:07	4599	James Garland	Elvet Striders	708	1:00:30	5304	Steve Bennett	North Derbyshire F	808	1:03:09	6047	Andy Watts	Wilmslow RC
609	0:58:08	5503	Paul Barrett	Sale Harriers Manc	709	1:00:38	4068	Martyn Knox	Aycliffe RC	809	1:03:11	4745	Jordan Marsh	Harrogate Tri Club
610	0:58:10	4960	Simon Neville	Keswick AAC	710	1:00:39	4901	Ker Macrosson	Ipswich Jaffa RC	810	1:03:12	5412	Stephen Mort	Preston Harriers
611	0:58:10	6031	Christopher Burgess	Wigan & District H	711	1:00:39	4656	John Musgrove	Gosforth Harriers	811	1:03:16	4972	Jason Buckley	Kirkstall Harriers
612	0:58:11	6036	Nick Bishop	Wilmslow RC	712	1:00:43	4780	Oliver Jardine	Heaton Harriers	812	1:03:18	6001	Andrew Redden	Wellingborough &
613	0:58:13	4085	Steve Darby	Barnsley AC	713	1:00:46	5328	Chris Waite	North Shields Poly	813	1:03:23	5006	Peter Taylor	Leamington Cyclin
614	0:58:13	6072	Nick Wilson	Wirral AC	714	1:00:47	5424	Mark Robinson	Quakers RC	814	1:03:30	5433	Mark Attenborough	Redhill RR
615	0:58:14	4274	Tony Gilbert	Bourne Town Harri	715	1:00:48	4660	Roger Alexander	Great Bentley RC	815	1:03:32	5776	David Groark	Sunderland Strolle
616	0:58:15	4594	Matt Claydon	Elvet Striders	716	1:00:49	4626	Ian Bubb	Folkestone RC	816	1:03:33	4726	Graeme Rolfe	Harborough AC
617	0:58:16	5725	Rob Taylor	Stockport Harriers	717	1:00:51	4651	Ray Robinson	Gateshead Harrier	817	1:03:35	5575	Ean Parsons	Sedgefield Harriers
618	0:58:19	5268	Howard Leek	Newark AC	718	1:00:52	5271	Andrew Tuttle	Newbury AC	818	1:03:35	4514	Peter Frankland	Denby Dale Travell
619	0:58:21	5801	Simon Thornhill	Sutton Runners	719	1:00:54	5060	Chris Sutton	Lincoln & District R	819	1:03:36	4207	John Cookson	Blackburn Harriers
620	0:58:22	5646	Kevin Ayre	South Shields Harri	720	1:00:57	4145	Adam Cooper	Belle Vue Racers	820	1:03:39	5783	Paul Lumsden	Sunderland Strolle
621	0:58:23	5147	Steve Davies	Mansfield Harriers	721	1:00:57	4399	Andrew Nesom	City of York AC	821	1:03:40	4080	Laurence Scheyvens	Barnet & District A
622	0:58:23	5272	Martin Bailey	Newcastle (Staffs)	722	1:00:59	5606	Richard Taylor	Serpentine RC	822	1:03:40	5479	Tom Hanson	Elswick Harriers
623	0:58:25	6009	Peter Gibson	Wesham RR	723	1:00:59	5775	Ritchie Gery	Sunderland Strolle	823	1:03:41	5577	Wesley Young	Rochdale Harriers
624	0:58:27	5172	Peter Paprcka	Massey Ferguson f	724	1:00:59	4048	Stephen Pearson	Askern District RC	824	1:03:41	4081	Robert Scott	Barnet & District A
625	0:58:28	6089	Darren Edwards	Wolverhampton &	725	1:00:59	5665	Richard Nettleton	South Shields Harri	825	1:03:43	5136	Alan Webster	Macclesfield Harri
626	0:58:29	5532	Sean Cordell	Salford Harriers	726	1:01:01	4259	Iain Singer	Blyth RC	826	1:03:45	5988	Gary Lewis	Wallsend Harriers
627	0:58:30	6007	John Collier	Wesham RR	727	1:01:03	5636	Robin Dow	South London Harr	827	1:03:45	4680	Chris Mercer	Guildford & Godal
628	0:58:32	4485	Martin Rowe	Croydon Harriers	728	1:01:04	5672	Neil Yorston	South Shields Harri	828	1:03:45	4564	John Bowker	East Cheshire Harr
629	0:58:33	5772	Aidan Crowe	Sunderland Strolle	729	1:01:05	5250	Jon Pearse	New Marske Harri	829	1:03:47	5188	Christopher Adams	Middlesbrough & (
630	0:58:37	4273	Phil Galpin	Bourne Town Harri	730	1:01:05	5205	Steven Small	Middlesbrough & (830	1:03:49	4754	Dan Wilson	Harrow AC
631	0:58:38	5472	Ian Stainthorpe	Rochdale Harriers	731	1:01:07	5055	Joe Hurley	Leighton Buzzard A	831	1:03:50	4886	Gordon Crawford	Hyde Park Harriers
632	0:58:38	4929	Richard Archer	Kent AC	732	1:01:09	5059	Marcus Lancaster	Lincoln & District R	832	1:03:50	5243	Nigel Barnbrook	New Marske Harri
633	0:58:40	4161	Luis Crane	Bexley AC	733	1:01:10	6087	Duncan Davies	Wolverhampton &	833	1:03:51	4153	Robert Norman	Belper Harriers
634	0:58:41	4550	Stephen Marshall	Durham City Harri	734	1:01:11	5156	Andrew Fox	Manx Harriers	834	1:03:54	4613	Keith Wesson	Elvet Striders
635	0:58:42	5624	Ian Alexander-Barnes	Sheffield RC	735	1:01:11	4966	Anthony Budarkiewicz	Kingston AC & Poly	835	1:03:55	6096	Carl Morgan	Wolverhampton &
636	0:58:44	5483	Richard Stott	Rossendale Harrier	736	1:01:12	4102	Terry Wegg	Basingstoke & Mid	836	1:03:58	5930	Alan Roberts	Vale Of Aylesbury
637	0:58:44	5058	Ian Coney	Lincoln & District R	737	1:01:15	5171	Tony Hoy	Massey Ferguson f	837	1:03:59	4502	Peter Prior	Darlington Triathl
638	0:58:45	4767	Paul Mercer	Heanor RC	738	1:01:16	6003	Barry Wake	Wellingborough &	838	1:04:01	5780	Jon Kisler	Sunderland Strolle
639	0:58:46	5135	Graham Webster	Lytham St Annes R	739	1:01:17	5437	Martyn Mchale	Redhill RR	839	1:04:03	4494	Jeris Silows	Darlington Harrier
640	0:58:48	4691	Andrew Merrell	Halesowen AC	740	1:01:18	4657	Kevin Thomas	Gosforth Harriers	840	1:04:03	5949	Peter Simpson	Vegan Runners UK
641	0:58:48	4773	Graham Whitt	Heanor RC	741	1:01:22	5756	Alan Kwebel	Sunderland Harrier	841	1:04:04	4426	Chris Lane	Clowne RR
642	0:58:50	4260	Graeme Stewart	Blyth RC	742	1:01:23	4255	Steve Dobby	Blyth RC	842	1:04:06	4587	Peter Sloan	Elswick Harriers
643	0:58:50	5993	James Torbett	Wallsend Harriers	743	1:01:26	4160	Thomas Clench	Bexley AC	843	1:04:07	4167	Tommy Taylor	Bexley AC
644	0:58:51	5568	Jason Catterall	Sedgefield Harriers	744	1:01:28	6112	Alistair Holford	Woodford Green A	844	1:04:09	5559	Paul Richardson	Saltwell Harriers
645	0:58:59	4270	Will Nicholson	Border Harriers & J	745	1:01:29	4348	Kevin Lomas	Charnwood AC	845	1:04:12	5110	Gordon Long	Low Fell RC
646	0:59:00	4566	Liam Browne	East Cheshire Harri	746	1:01:31	5917	Michael Good	Middlesbrough & (846	1:04:14	4325	Kevin Stackhouse	Burton AC
647	0:59:01	4246	Ian Young	Blackhill Bounders	747	1:01:33	4534	Clint Carnegie-Dean	Desford Striders	847	1:04:16	4360	Mick Judd	Chelmsford AC
648	0:59:03	5882	Richard Puxty	Tonbridge AC	748	1:01:34	4619	Adrian Frost	Eton Manor AC	848	1:04:17	4601	Aaron Gourley	Elvet Striders
649	0:59:06	4366	David Breingan	Chiltern Harriers A	749	1:01:35	5895	Dale Colclough	Trentham RC	849	1:04:18	5887	Charles Whitmore	Tonbridge AC
650	0:59:07	4977	Matthew Woodhouse	Kirkstall Harriers	750	1:01:35	4188	Martin Ludford	Birmingham Runni	850	1:04:22	5466	John Mayall	Rochdale Harriers
651	0:59:15	5149	John Harrison	Mansfield Harriers	751	1:01:36	4880	John McDermott	Houghton Harriers	851	1:04:24	5376	Brian Schofield	Oldham & Royton
652	0:59:15	4155	Andrew Rose	Belper Harriers	752	1:01:39	5714	Andy Buck	Steel City Striders	852	1:04:25	6121	Tom Sponyol	Woodford Green A
653	0:59:16	4985	Michael Gall	Knowsley Harriers	753	1:01:40	4156	Simon Stead	Belle Vue Racers	853	1:04:26	6092	Ian Harris	Wolverhampton &
654	0:59:17	4077	Joe Gomes	Barnet & District A	754	1:01:40	4242	Derren Sarginson	Blackhill Bounders	854	1:04:27	5777	Andrew Harrison	Sunderland Strolle
655	0:59:17	5881	Mark Pittcain-Knowles	Tonbridge AC	755	1:01:41	4567	Francis Day	East Cheshire Harr	855	1:04:27	5620	Ray Powell	Shaftesbury Barne
656	0:59:18	5106	Les Cavanagh	Low Fell RC	756	1:01:44	4221	Richard Hall	Blackheath & Bron	856	1:04:28	5741	Nick Crane	Stubbington Greer
657	0:59:19	5705	Steve Smith	St Albans Striders	757	1:01:46	4435	Robert Wain	Clowne RR	857	1:04:32	4938	Bernie Hutchinson	Kent AC
658	0:59:20	4539	Biggs Andy	Durham City Harri	758	1:01:51	4518	Christopher Booth	Derby AC	858	1:04:33	5711	Ian Hodgkinson	Stafford Harriers
659	0:59:22	5203	Vinny Mullan	Middlesbrough & (759	1:01:52	4742	Patrick Craig	Harrogate Tri Club	859	1:04:35	4193	David Coulson	Birtley AC
660	0:59:23	4276	Shaun Hill	Bourne Town Harri	760	1:01:52	4728	Nick Andralojc	Harrogate Harriers	860	1:04:40	5206	Steven Smith	Middlesbrough & (
661	0:59:25	5170	Dave Conway	Massey Ferguson f	761	1:01:54	5813	Nick Hutchings	Team Balancise AC	861	1:04:42	4069	Peter Millburn	Aycliffe RC
662	0:59:25	5584	Michael Eyre**	Serpentine RC	762	1:01:56	4336	Christof Schwiening	Cambridge & Coler	862	1:04:48	4606	Shaun Roberts	Elvet Striders
663	0:59:27	5994	James Berry	Wellingborough &	763	1:01:57	5557	Peter Mularkey	Saltwell Harriers	863	1:04:49	6006	John Bertenshaw	Wesham RR
664	0:59:27	5255	Clive Thornton	New Marske Harri	764	1:01:57	4218	Jamie Darling	Blackheath & Bron	864	1:04:51	4603	Michael Hughes	Elvet Striders
665	0:59:28	5474	Nick Walsh	Rochdale Harriers	765	1:01:59	5897	David Pickstock	Trentham RC	865	1:04:53	5900	Micky Baker	Tyne Bridge Harrie
666	0:59:29	4883	David Wallace	Houghton Harriers	766	1:02:00	5670	Peter Walker	South Shields Harri	866	1:04:53	5912	Alex Lockwood	Tyne Bridge Harrie
667	0:59:29	5319	Simon Ellis	North Shields Poly	767	1:02:00	5916	Nick Pearson	Tyne Bridge Harrie	867	1:04:55	4989	Billy Merritt	Knowsley Harriers
668	0:59:33	5492	Matthew Jones	Rotherham Harrier	768	1:02:01	4505	Reubon Burford	Dartford Harriers	868	1:04:58	5436	Clive Greyson	Redhill RR
669	0:59:34	5128	Terry Hellings	Lytham St Annes R	769	1:02:03	6111	Richard Hogg	Woodford Green A	869	1:05:02	4591	Mike Bennett	Elvet Striders
670	0:59:35	5778	Joe Kemp	Sunderland Strolle	770	1:02:03	4964	Pat Rooney	Kimberworth Strid	870	1:05:05	4278	Mick Howells	Bourne Town Harri
671	0:59:36	4165	Stephen Lawrence	Bexley AC	771	1:02:06	5473	Mark Walker	Rochdale Harriers	871	1:05:06	5981	Neil Armstrong	Wallsend Harriers
672	0:59:36	5909	John Hurse	Tyne Bridge Harrie	772	1:02:06	4146	Christopher McDermott	Belle Vue Racers	872	1:05:10	5990	George Nicholson	Wallsend Harriers
673	0:59:39	4693	Alex Morgan	Halesowen AC	773	1:02:06	4009	Jaime Del Campo	Aldershot Farnharr	873	1:05:14	4666	John Hargreaves	Great Western Rui
674	0:59:42	5425	Steve Snook	Quakers RC	774	1:02:09	4672	Andy Baker	Guildford & Godal	874	1:05:20	4531	Jason Taylor	Derwentside AC
675	0:59:45	4682	Adam Stirik	Guildford & Godal	775	1:02:10	4823	Martin Bright	Highgate Harriers	875	1:05:21	4878	Ross Lambton	Houghton Harriers
676	0:59:46	4659	Arthur Short	Grantham AC	776	1:02:12	5317	Neil Dick	North Shields Poly	876	1:05:23	4675	Alistair Gibson	Guildford & Godal
677	0:59:48	5196	Mark Evans	Middlesbrough & (777	1:02:12	5471	Kristian Robinson	Rochdale Harriers	877	1:05:24	5652	Aaron Day	South Shields Harri
678	0:59:49	5626	John Doherty	Sheffield RC	778	1:02:15	6122	Paul Stockings	Woodford Green A	878	1:05:27	4323	Eamon O'Hanlon	Burton AC
679	0:59:49	6068	Myles Robertson	Wirral AC	779	1:02:17	4945	Stuart Scott	Kent AC	879	1:05:27	4873	David Dickinson	Houghton Harriers
680	0:59:52	5835	Richard Bell	Thames Valley Har	780	1:02:17	4480	Neil Aikman	Croydon Harriers	880	1:05:28	5799	David Mcgranaghan	Sutton Runners
681	0:59:52	4164	Martin Jenner	Bexley AC	781	1:02:17	4047	Daniel O'Grady	Askern District RC	881	1:05:30	5878	Alex Hookway	Tonbridge AC
682	0:59:55	4092	Tom White	Barnsley AC	782	1:02:17	5148	Jonathan Hardy	Mansfield Harriers	882	1:05:35	4614	Conrad White	Elvet Striders
683	0:59:57	4975	Adam Moger	Kirkstall Harriers	783	1:02:20	5202	Kavanagh Mike	Middlesbrough & (883	1:05:38	4943	Adrian Savage	Kent AC
684	0:59:58	4084	David Crossley	Barnsley AC	784	1:02:21	5643	Steve Vincent	South London Harr	884	1:05:41	4743	Alistair Grant	Harrogate Tri Club
685	0:59:59	4774	Thomas Andrew Bell	Heaton Harriers	785	1:02:22	4677	Matthew King	Guildford & Godal	885	1:05:48	4477	Eric Moore	Crook &

