

Sheet1

Pos	RaceNo	Time	Name	Club
1	7380	00:27:19	L Carey	Nuneaton Harriers
2	3344	00:27:49	Alistair Brownlee	Bingley Harriers & AC
3	3633	00:28:06	David Forrester	St.Helens Sutton AC
4	3309	00:28:20	Ben Lindsay	Aldershot Farnham & District AC
5	3665	00:28:25	Andrew Livingstone	Thurrock Harriers
6	3401	00:28:39	Mitch Goose	City of Norwich AC
7	3319	00:28:42	Phillip Berntsen	Andover AC
8	3563	00:28:52	Ricky Stevenson	New Marske Harriers
9	3348	00:28:58	James Trollope	Birchfield Harriers
10	3553	00:28:59	Nick Swinburn	Morpeth Harriers & AC
11	3456	00:29:06	Ross Clarke	Havering Mayesbrook AC
12	3415	00:29:12	Lenny Shail	Coventry Godiva Harriers
13	3402	00:29:14	Ashley Harrell	City of Norwich AC
14	3378	00:29:18	Jonathan Brownlee	Bradford Grammar School
15	3531	00:29:20	Alec Duffield	Loftus & Whitby AC
16	3639	00:29:23	Alex Derricott	Staffordshire Moorlands AC
17	3434	00:29:26	Simon Horsfield	East Cheshire Harriers & Tameside AC
18	3627	00:29:29	Ben Hunter	Southend AC
19	3385	00:29:37	Richard Peters	Bristol & West AC
20	3304	00:29:40	Steve Connor	Aldershot Farnham & District AC
21	3554	00:29:40	Jonathan Taylor	Morpeth Harriers & AC
22	3643	00:29:42	Andrew Nixon	Stockport Harriers AC
23	3345	00:29:44	Greg Divall	Birchfield Harriers
24	3383	00:29:54	Steve Mitchell	Bristol & West AC
25	3438	00:29:56	Shaun Collins	Enfield & Haringey AC
26	3308	00:29:57	Aaron Harris	Aldershot Farnham & District AC
27	3505	00:30:00	James Wilkinson	Leeds City AC
28	3413	00:30:02	Ryan Kenny	Coventry Godiva Harriers
29	3484	00:30:12	Chris Rooke	Ipswich Harriers
30	3578	00:30:17	Tom Bell	OWLS AC
31	3523	00:30:19	Adam Peers	Liverpool Harriers & AC
32	3638	00:30:20	Matt Clowes	Staffordshire Moorlands AC
33	3580	00:30:21	Caz Davies	OWLS AC
34	3518	00:30:25	Craig Gunderson	Liverpool Harriers & AC
35	3472	00:30:25	Gary Priestley	Horwich RMI Harriers
36	3315	00:30:27	Tom Wade	Aldershot Farnham & District AC
37	3581	00:30:28	Eddie Highton	OWLS AC
38	3403	00:30:33	Stuart Huntington	City of Norwich AC
39	3465	00:30:34	Saningo Martyn	Highgate Harriers
40	3533	00:30:36	Tom Best	Luton AC
41	3451	00:30:38	Jonathan Hare	Halifax Harriers
42	3623	00:30:41	Nicholas Lyster	Solihull & Small Heath AC
43	3674	00:30:43	Sam Bradley	Tonbridge AC
44	3668	00:30:45	Daniel Cotterill	Tipton Harriers
45	3503	00:30:45	Michael Salter	Leeds City AC
46	3449	00:30:46	Christian Booker	Halesowen AC
47	3473	00:30:46	Kristopher Lecher	Hull Achilles AC
48	3726	00:30:50	Angus Holford	Woodford Green AC with Essex Ladies
49	3311	00:30:50	Chris Moore	Aldershot Farnham & District AC
50	3630	00:30:51	Paul Whittaker	Southend AC
51	3388	00:30:54	Dan Woolford	Bristol & West AC
52	3364	00:30:56	Tom Cunningham	Blackpool Wyre & Fylde AC

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53	3644	00:30:59	Stephen Pearson	Stockport Harriers AC
54	3349	00:31:01	Peter Whitehouse	Birchfield Harriers
55	3541	00:31:02	James Mee	Mansfield Harriers & AC
56	3733	00:31:03	Jack Stroud	Orion Harriers
57	3524	00:31:03	James Russell	Liverpool Harriers & AC
58	3310	00:31:05	Brian Markham	Aldershot Farnham & District AC
59	3461	00:31:05	Chris Rainsford	Heanor RC
60	3552	00:31:06	Ross Floyd	Morpeth Harriers & AC
61	3353	00:31:08	Danny Brewer	Blackheath & Bromley Harriers AC
62	3416	00:31:09	Alistair Smith	Coventry Godiva Harriers
63	3582	00:31:10	Tom Mahon	OWLS AC
64	3333	00:31:12	Stephen Tuttle	Bedford & County AC
65	3613	00:31:14	Sam O'Neil	Scunthorpe & District AC
66	3373	00:31:15	James Ashton	Bracknell AC
67	3519	00:31:16	Harry Harper	Liverpool Harriers & AC
68	3475	00:31:20	Rob Dennis	Invicta East Kent AC
69	3376	00:31:24	Richard Larsen	Bracknell AC
70	3366	00:31:25	Luke Minns	Blackpool Wyre & Fylde AC
71	3496	00:31:26	Richard Harper	Leamington C & AC
72	3537	00:31:27	Tim Pattison	Macclesfield Harriers & AC
73	3703	00:31:28	Jonathan Laybourn	West Norfolk AC
74	3515	00:31:28	David Catt	Liverpool Harriers & AC
75	3507	00:31:29	Oliver Ziff	Leeds City AC
76	3682	00:31:29	Daniel Brocklehurst	Trafford AC
77	3437	00:31:30	Joshua Varney	Eastbourne Rovers AC
78	3577	00:31:31	Michael Mannings	Oldham & Royton Harriers & AC
79	3469	00:31:32	Matthew Revier	Hillingdon AC
80	3721	00:31:33	Tom Madden	Wirral AC
81	3397	00:31:34	Matt Bennett	Chiltern Harriers AC
82	3400	00:31:34	Steven Cannell	City of Norwich AC
83	3595	00:31:35	William Mackay	Riverside Runners (St.Neots)
84	3510	00:31:38	Ben Corfield	Leighton Buzzard AC
85	3316	00:31:42	Craig Williams	Aldershot Farnham & District AC
86	3556	00:31:42	Jonathan Young	Morpeth Harriers & AC
87	3428	00:31:43	David Westbury	Derby AC
88	3313	00:31:45	Ben Snowball	Aldershot Farnham & District AC
89	3564	00:31:48	Mark Vardy	Newbury AC
90	3714	00:31:49	Alex Tovey	Windsor Slough Eton & Hounslow AC
91	3539	00:31:52	Danial Heathcote	Mansfield Harriers & AC
92	3694	00:31:53	Chris Perry	Vale Royal AC
93	3324	00:31:56	David Hook	Barrow & Furness Striders AC
94	3502	00:32:00	James Lavin	Leeds City AC
95	3568	00:32:03	Jason Long	Newquay & Par AC
96	3368	00:32:03	James Munn	Boston & District AC
97	3302	00:32:05	Chris Bounds	Aldershot Farnham & District AC
98	3617	00:32:07	Jack Parslow	Shaftesbury Barnet Harriers
99	3354	00:32:14	Alex Bruce-Littlewood	Blackheath & Bromley Harriers AC
100	3573	00:32:15	Chris McGurk	Notts AC
101	3391	00:32:17	Ben Lacey	Charnwood AC
102	3535	00:32:21	Tom Grundy	Macclesfield Harriers & AC
103	3444	00:32:21	Alex Hawkins	Epsom & Ewell Harriers
104	3646	00:32:23	Carl Frapwell	Stroud & District AC
105	3490	00:32:23	Jack Cutsforth	Kingston Upon Hull AC

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106	3693	00:32:26	Tom Heaward	Vale Royal AC
107	3525	00:32:28	Khalil Thompson	Liverpool Harriers & AC
108	3676	00:32:30	Nick James	Tonbridge AC
109	3488	00:32:31	Rob Shau	Keighley & Craven AC
110	3312	00:32:32	Greg Smith	Aldershot Farnham & District AC
111	3301	00:32:33	Josh Arnold	Aldershot Farnham & District AC
112	3500	00:32:35	James Dean	Leeds City AC
113	3387	00:32:36	Rob Whitham	Bristol & West AC
114	3471	00:32:37	Matthew Johnson	Holmfirth Harriers AC
115	3470	00:32:38	Daniel Thompson	Hillingdon AC
116	3426	00:32:39	Thomas Lawrence	Derby AC
117	3494	00:32:39	Steven Allen	Leamington C & AC
118	3654	00:32:40	Simon King	Tamworth AC
119	3417	00:32:42	Harvey Speed	Coventry Godiva Harriers
120	3468	00:32:45	Jonathon Castro	Hillingdon AC
121	3499	00:32:46	Alex Davy	Leeds City AC
122	3435	00:32:48	Stuart Laing	East Cheshire Harriers & Tameside AC
123	3602	00:32:50	Stephen Milner	Rugby & Northampton AC
124	3677	00:32:51	Chris Kiely	Tonbridge AC
125	3604	00:32:52	David Howlett	Sale Harriers Manchester
126	3508	00:32:54	Ed Glaister	Leicester Coritanian AC
127	3306	00:33:01	Scott Edgington	Aldershot Farnham & District AC
128	3350	00:33:01	Matthew Bayliss	Birmingham Rowheath AC
129	3419	00:33:03	Jack Swallow	Crawley AC
130	3734	00:33:06	David Smith	Rotherham Harriers & AC
131	3433	00:33:08	Anthony Connally	East Cheshire Harriers & Tameside AC
132	3683	00:33:11	Graham Hogg	Trafford AC
133	3625	00:33:11	Mark Bailey	Southend AC
134	3551	00:33:13	Marc Cochrane	Morpeth Harriers & AC
135	3603	00:33:13	Sam Aspinall	Sale Harriers Manchester
136	3557	00:33:16	Adam Binns	Nene Valley Harriers
137	3597	00:33:21	Phil Bolton	Rossendale Harriers & AC
138	3574	00:33:22	Scott Rischer	Notts AC
139	3691	00:33:22	Zack Cross	Vale Royal AC
140	3375	00:33:26	Jake Hughes	Bracknell AC
141	3536	00:33:31	Declan Murray	Macclesfield Harriers & AC
142	3527	00:33:32	Daniel Gordon	Liverpool Pembroke & Sefton H & AC
143	3334	00:33:37	Sam Wallbank	Bedford & County AC
144	3605	00:33:40	Rob Jowett	Sale Harriers Manchester
145	3377	00:33:41	Alex Mouradian	Bracknell AC
146	3474	00:33:49	Donald Carter	Invicta East Kent AC
147	3610	00:33:52	Luke Winterbottom	Sale Harriers Manchester
148	3460	00:33:53	Luke James	Heanor RC
149	3392	00:33:55	Andrew Lomas	Charnwood AC
150	3466	00:33:56	Jack Matthewman	Highgate Harriers
151	3584	00:33:56	Jason Burke	Peterborough AC
152	3463	00:34:01	Bryn Reynolds	Herts Phoenix AC
153	3346	00:34:01	Simon O'Meara	Birchfield Harriers
154	3422	00:34:05	Jamie Rutherford	Darlington Harriers
155	3596	00:34:06	Aaron Barker	Rossendale Harriers & AC
156	3432	00:34:10	Gavin Browne	East Cheshire Harriers & Tameside AC
157	3631	00:34:13	Liam Kincaid	Sphinx AC
158	3628	00:34:19	Chris Lee	Southend AC

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159	3583	00:34:20	Simon May	OWLS AC
160	3358	00:34:28	Richard Daniel	Blackheath & Bromley Harriers AC
161	3598	00:34:29	Grant Cunliffe	Rossendale Harriers & AC
162	3530	00:34:31	Clark Roberts	Liverpool Pembroke & Sefton H & AC
163	3371	00:34:36	Adam Hillless	Bourne Town Harriers
164	3687	00:34:39	Andrew Martin	University of Liverpool AC
165	3548	00:34:40	Robert Balmbra	Morpeth Harriers & AC
166	3532	00:34:40	Stuart Baird	Luton AC
167	3343	00:34:49	Jamie Walker	Bexley AC
168	3481	00:34:51	Daniel Palmer	Ipswich Harriers
169	3712	00:34:52	James Cotton	Windsor Slough Eton & Hounslow AC
170	3478	00:34:57	Nick Little	Invicta East Kent AC
171	3369	00:35:03	Matt Grace	Bourne Town Harriers
172	3418	00:35:05	Matthew Timothy	Coventry Godiva Harriers
173	3681	00:35:06	Daniel Ansell	Trafford AC
174	3389	00:35:19	Alister Mathie	Burton AC
175	3632	00:35:19	John Appleton	St.Helens Sutton AC
176	3680	00:35:36	Jon Undy	Tonbridge AC
177	3445	00:35:37	Alex Jackson	Epsom & Ewell Harriers
178	3731	00:35:38	Ben Hall	Orion Harriers
179	3572	00:35:40	Chris Keenan	Notts AC
180	3393	00:35:59	James Paramore	Charnwood AC
181	3370	00:36:10	Matt Green	Bourne Town Harriers
182	3722	00:36:15	David Rampling	Wirral AC
183	3429	00:36:21	Paul Witcombe	Derby AC
184	3492	00:36:27	Josh Beech	Knivesmire Harriers
185	3362	00:36:49	John Vintner	Blackheath & Bromley Harriers AC
186	3690	00:37:03	Peter Cox	Vale Royal AC
187	3497	00:37:11	Jamie Langley	Leamington C & AC
188	3318	00:37:17	Fred Maier	Amber Valley AC
189	3697	00:37:25	Steve Lampkin	Wallasey AC
190	3341	00:37:28	Luis Crane	Bexley AC
191	3698	00:37:53	Matt Williams	Wallasey AC
192	3588	00:38:21	Alan Metcalfe	Poole AC
193	3685	00:39:13	Adam Budd	University of Liverpool AC
194	3339	00:39:52	Phil Burn	Beverley AC
195	3686	00:42:17	Colin Jones	University of Liverpool AC
196	3538	00:42:42	Chris Brown	Mansfield Harriers & AC
197	3493	00:45:07	Lewis Kingdom	Knivesmire Harriers