

Sheet1

Pos	RaceNo	Time	Name	Club
1	4213	00:10:21	Fergus Roberts	Richmond & Zetland Harriers
2	3996	00:10:39	Leon Gregory	East Cheshire Harriers & Tameside AC
3	4361	00:10:40	Alex Carter	Team Bath AC
4	3981	00:10:43	Adam Hulin	Dorking & Mole Valley AC
5	4287	00:10:44	Richard Hindley	Stockport Harriers AC
6	3831	00:10:44	Kenneth Mason	Bedford & County AC
7	4148	00:10:47	Adam Harrington	Morpeth Harriers & AC
8	4090	00:10:47	Richard Powell	Leigh Harriers & AC
9	4019	00:10:49	Charlie Joslin-Allan	Hastings AC
10	3964	00:10:50	Michael McKeown	Coventry Godiva Harriers
11	4010	00:10:53	Harvey Brown	Halesowen AC
12	3920	00:10:54	Stephen Woodford	Chelmsford AC
13	4054	00:10:57	Jake Rogers	Invicta East Kent AC
14	3802	00:10:58	Matthew Arnold	Aldershot Farnham & District AC
15	4375	00:10:58	Nick Jones	Wirral AC
16	4362	00:10:59	Tom Eames	West Suffolk AC
17	4051	00:11:03	Jack Balsdon	Invicta East Kent AC
18	3891	00:11:04	Adam Wimbleton	Bracknell AC
19	4276	00:11:05	James McMurray	St.Albans AC
20	3814	00:11:05	Ben Watson	Aldershot Farnham & District AC
21	3926	00:11:06	Jack Dutton	Chiltern Harriers AC
22	4333	00:11:06	Felix Harding	Tonbridge AC
23	4252	00:11:07	Chandi Uduwawala	Shaftesbury Barnet Harriers
24	4302	00:11:07	Antony Parkes	Tamworth AC
25	3811	00:11:08	Stephen Knuckey	Aldershot Farnham & District AC
26	4150	00:11:08	Jonathan Nisbet	Morpeth Harriers & AC
27	3928	00:11:08	Michael Goddard	Chiltern Harriers AC
28	4185	00:11:08	Stephen Ashman	OWLS AC
29	4299	00:11:09	Kristian Edwards	Tamworth AC
30	4272	00:11:10	Liam Stedman	Spensborough AC
31	3824	00:11:10	Tobias Smith	Basingstoke & Mid Hants AC
32	4294	00:11:11	William Paulson	Stroud & District AC
33	4070	00:11:13	Callum Hanion	Leamington C & AC
34	4106	00:11:13	Luke Towers	Liverpool Harriers & AC
35	4022	00:11:14	Monty Wilson	Hastings AC
36	4002	00:11:16	Michael Murphy	East Cheshire Harriers & Tameside AC
37	3817	00:11:16	Josh Rae	Amber Valley AC
38	3815	00:11:17	Andrew Fenwick	Amber Valley AC
39	3924	00:11:17	Daniel Barraclough	Chiltern Harriers AC
40	3832	00:11:17	Scott Proctor	Bedford & County AC
41	3936	00:11:18	Tom Hook	City of Norwich AC
42	4209	00:11:19	James King	Richmond & Zetland Harriers
43	3855	00:11:20	Jamal Logan	Birchfield Harriers
44	4201	00:11:20	Daniel Breeds	Reading AC
45	4338	00:11:21	Hanro Rossouw	Tonbridge AC
46	4341	00:11:22	Adam Sixsmith	Trafford AC
47	3879	00:11:22	Ellis Hetherington	Blyth RC
48	3954	00:11:23	David Sheldon	City of Stoke AC
49	3993	00:11:26	Jack Crabtree	East Cheshire Harriers & Tameside AC
50	4339	00:11:26	Will Roud	Tonbridge AC
51	4255	00:11:27	Jack Beetham	Skipton AC
52	4355	00:11:27	Jack Gleave	Warrington AC

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53	3982	00:11:28	Jack Wyllie	Dorking & Mole Valley AC
54	4104	00:11:29	Liam Rogers	Liverpool Harriers & AC
55	4351	00:11:32	Steven Darbyshire	Warrington AC
56	4217	00:11:32	Daniel Walsh	Rossendale Harriers & AC
57	4094	00:11:32	Haran Dunderdale	Lincoln Wellington AC
58	4254	00:11:33	Matthew Coulthard	Shildon R & AC
59	3980	00:11:34	Joseph Wilkinson	Derby AC
60	3889	00:11:34	Callum Short	Bolton United Harriers & AC
61	4379	00:11:34	James Stockings	Woodford Green AC with Essex Ladies
62	4013	00:11:35	Joe Somers	Halesowen AC
63	3908	00:11:35	Joe Bailey	Cannock & Stafford AC
64	4210	00:11:36	Daniel Overin	Richmond & Zetland Harriers
65	4100	00:11:36	Jack Christie	Liverpool Harriers & AC
66	4080	00:11:37	Luke Murray	Leeds City AC
67	4140	00:11:37	Jonathan Doull	Matlock AC
68	3834	00:11:38	Josh Steel	Bedford & County AC
69	3918	00:11:39	Steven Adcock	Chelmsford AC
70	4001	00:11:39	Chris Middleton	East Cheshire Harriers & Tameside AC
71	3935	00:11:40	Scott Greeves	City of Norwich AC
72	4103	00:11:40	William Reynolds	Liverpool Harriers & AC
73	3938	00:11:41	Sean Watson	City of Norwich AC
74	4250	00:11:41	Mathew McLaughin	Shaftesbury Barnet Harriers
75	4177	00:11:41	Harry Foster	Notts AC
76	3906	00:11:41	Ben Bradley	Camberley & District AC
77	4134	00:11:42	Tom Wragg	Mansfield Harriers & AC
78	3801	00:11:43	Richard Allen	Aldershot Farnham & District AC
79	4195	00:11:43	Ben Mogg	Poole AC
80	3987	00:11:44	Dalton McGuigan	Ealing Southall & Middx. AC
81	4234	00:11:44	Sam Watkins	Royal Sutton Coldfield AC
82	4385	00:11:44	James Hatton	Wreake Runners
83	4277	00:11:45	Oliver Poulain	St.Albans AC
84	4149	00:11:45	Jack Hepple	Morpeth Harriers & AC
85	4114	00:11:45	Kyle Nicholls	Liverpool Pembroke & Sefton H & AC
86	4008	00:11:46	Barry Maskell	Gateshead Harriers & AC
87	4336	00:11:46	Joe Newsome	Tonbridge AC
88	3861	00:11:46	Camron Wood	Birchfield Harriers
89	3890	00:11:46	Matthew Seddon	Bracknell AC
90	4266	00:11:47	Oliver Kyrakides	Southend AC
91	4231	00:11:47	Theo Larcombe	Royal Sutton Coldfield AC
92	3864	00:11:48	Robbie Loraine	Birtley AC
93	4305	00:11:48	Oliver Smith	Tamworth AC
94	3965	00:11:48	Joe Shail	Coventry Godiva Harriers
95	3862	00:11:48	Niall Harris	Birmingham Rowheath AC
96	3931	00:11:49	Andrew Stenning	Chiltern Harriers AC
97	3825	00:11:49	Ben Alcock	Bedford & County AC
98	4344	00:11:49	Mike Vennard	Vale Royal AC
99	4343	00:11:49	Lewis Healy	Vale Royal AC
100	3948	00:11:50	Sam Fares	City of Stoke AC
101	4116	00:11:51	Warren Turner	Liverpool Pembroke & Sefton H & AC
102	4289	00:11:51	May Cole	Stockport Harriers AC
103	3968	00:11:51	Jack Villette	Coventry Godiva Harriers
104	3828	00:11:53	Michael Harrison	Bedford & County AC
105	4349	00:11:53	Jake Worton	Wakefield & District Harriers AC

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106	4012	00:11:54	Tom Rankin	Halesowen AC
107	3958	00:11:54	Luke Jacobs	Clevedon AC
108	3956	00:11:55	Kristian Washington	City of Stoke AC
109	4184	00:11:55	Jack Webb	Nuneaton Harriers
110	4188	00:11:55	Josh McTighe	OWLS AC
111	4015	00:11:55	Alex Wyer	Halesowen AC
112	3816	00:11:56	David Narborough	Amber Valley AC
113	4325	00:11:56	Thomas Bains	Tipton Harriers
114	4298	00:11:57	Ellis Cross	Tamworth AC
115	3880	00:11:57	Mathew Jackson	Blyth RC
116	4180	00:11:58	Matt Williams	Notts AC
117	4084	00:11:58	Jonathan Monk	Leicester Coritanian AC
118	3977	00:11:59	Sam Sadler	Derby AC
119	4346	00:11:59	Daniel Franks	Wakefield & District Harriers AC
120	3989	00:12:01	Duncan Pinder	Ealing Southall & Middx. AC
121	4372	00:12:01	Liam Gawne	Wirral AC
122	4337	00:12:02	Alex Norden	Tonbridge AC
123	4232	00:12:03	Alfie McBrien	Royal Sutton Coldfield AC
124	4230	00:12:03	Luke Fleming	Royal Sutton Coldfield AC
125	4067	00:12:03	Eric Gardham	Kingston Upon Hull AC
126	4291	00:12:04	Ander Brown	Stroud & District AC
127	4105	00:12:04	Tom Schumachler	Liverpool Harriers & AC
128	3951	00:12:04	Keiran Lee	City of Stoke AC
129	4120	00:12:05	Jack Benedickter	Luton AC
130	3978	00:12:06	Aaron Smalley	Derby AC
131	3887	00:12:06	Jacob Kearney	Bolton United Harriers & AC
132	3812	00:12:06	Jack Rowe	Aldershot Farnham & District AC
133	4350	00:12:08	Henry Buttress	Warrington AC
134	3939	00:12:08	Rory Bevis	City of Portsmouth AC
135	4308	00:12:08	Ben Wright	Tamworth AC
136	4306	00:12:09	Robert Stroud	Tamworth AC
137	4297	00:12:09	Aidan Blythe	Tamworth AC
138	4158	00:12:10	Greg Dunn	Nene Valley Harriers
139	4360	00:12:10	Christopher Smith	Warrington AC
140	3878	00:12:11	Harry Williams	Blackwell & District AC
141	3873	00:12:11	Adam Willis	Blackheath & Bromley Harriers AC
142	3863	00:12:12	Adrian Bailes	Birtley AC
143	3932	00:12:12	Darryl Broughton	City of Norwich AC
144	3881	00:12:12	Christopher Lillico	Blyth RC
145	4034	00:12:13	Lascelles Kossey	Herne Hill Harriers
146	3905	00:12:13	Mason Bayliss	Camberley & District AC
147	4003	00:12:13	George Eaton	Eastbourne Rovers AC
148	3986	00:12:13	Anthony Haynes	Ealing Southall & Middx. AC
149	4293	00:12:14	Thomas Parnell	Stroud & District AC
150	4102	00:12:14	Kristian Quirk	Liverpool Harriers & AC
151	4247	00:12:15	Richard Johnson	Shaftesbury Barnet Harriers
152	3988	00:12:15	Fellan McGuigan	Ealing Southall & Middx. AC
153	3915	00:12:15	Harry Buttery	Charnwood AC
154	4160	00:12:16	Ross Huskinson	Nene Valley Harriers
155	3940	00:12:16	Jordan Warren	City of Portsmouth AC
156	3851	00:12:17	Oliver Griffiths	Birchfield Harriers
157	4151	00:12:18	Reece Ramsey	Morpeth Harriers & AC
158	4370	00:12:18	Andrew Desmond	Wirral AC

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159	3912	00:12:19	Matthew Haywood	Cannock & Stafford AC
160	4131	00:12:19	Sam Johnson	Mansfield Harriers & AC
161	3925	00:12:19	Joe Cochrane	Chiltern Harriers AC
162	3929	00:12:20	Peter Illingworth	Chiltern Harriers AC
163	4096	00:12:20	Alex Humberstone	Lincoln Wellington AC
164	4295	00:12:21	Jothro Pickering	Stroud & District AC
165	4167	00:12:21	Raife Plant	Newcastle (Staffs) AC
166	4345	00:12:21	Andrew Zimmer	Vale Royal AC
167	4316	00:12:22	Oliver Berg	Thames Valley Harriers
168	4144	00:12:22	Kieran Young	Mendip AC
169	4352	00:12:22	Alexander Dorman	Warrington AC
170	4085	00:12:23	James Nutt	Leicester Coritanian AC
171	3997	00:12:23	James Hill	East Cheshire Harriers & Tameside AC
172	4009	00:12:23	Keiron Newton	Gateshead Harriers & AC
173	4327	00:12:24	George Duckworth	Tipton Harriers
174	4064	00:12:24	Liam Kirk	Kettering Town Harriers
175	4182	00:12:24	Jordan Hayward	Nuneaton Harriers
176	3852	00:12:24	Joshua Hackett	Birchfield Harriers
177	3984	00:12:24	Jordan Hannington	Ealing Southall & Middx. AC
178	4228	00:12:25	David Carty	Royal Sutton Coldfield AC
179	3937	00:12:25	Alex Lubbock	City of Norwich AC
180	4053	00:12:26	Louis Duprez	Invicta East Kent AC
181	4233	00:12:26	Ben Topley	Royal Sutton Coldfield AC
182	3969	00:12:27	Joseph Booth	Derby AC
183	4023	00:12:27	Tyler Bennett	Havering Mayesbrook AC
184	4159	00:12:27	Ben Hampson	Nene Valley Harriers
185	4175	00:12:28	Paddy Clark	Notts AC
186	3947	00:12:29	Lindon Evans	City of Stoke AC
187	4347	00:12:29	Jack Mitchel	Wakefield & District Harriers AC
188	4391	00:12:29	George Hoy	Orion Harriers
189	4075	00:12:29	Martin Williams	Leamington C & AC
190	3990	00:12:31	Sam Shindler-Glass	Ealing Southall & Middx. AC
191	3967	00:12:31	Nathan Udall	Coventry Godiva Harriers
192	4251	00:12:31	Dougal Oliver	Shaftesbury Barnet Harriers
193	4038	00:12:32	Dominic Wynes-Devlin	Herne Hill Harriers
194	3838	00:12:32	Nicholas Armstrong	Bexley AC
195	3872	00:12:32	Richard Webb	Blackheath & Bromley Harriers AC
196	4011	00:12:33	Nick Jennings	Halesowen AC
197	4130	00:12:34	Jonathon Stewart	Manchester Harriers & AC
198	4270	00:12:34	Will Copley	Spensborough AC
199	4092	00:12:34	Richard Brine	Lincoln Wellington AC
200	4323	00:12:35	Luke Dawson	Thanet Road Runners AC
201	4111	00:12:36	Andrew Hutchinson	Liverpool Pembroke & Sefton H & AC
202	3914	00:12:37	Ryan Perry	Cannock & Stafford AC
203	4334	00:12:37	Robert Harvey	Tonbridge AC
204	4132	00:12:38	Jake Lancaster	Mansfield Harriers & AC
205	4223	00:12:38	Nicholas Myers	Rotherham Harriers & AC
206	3821	00:12:38	Cullum Baylis	Barnet & District AC
207	4125	00:12:39	James Taylor	Macclesfield Harriers & AC
208	3911	00:12:39	William Haycox	Cannock & Stafford AC
209	4115	00:12:39	David Reece	Liverpool Pembroke & Sefton H & AC
210	4296	00:12:40	Keelan Tootell	Stroud & District AC
211	3848	00:12:40	Thomas Potter	Bingley Harriers & AC

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212	4353	00:12:40	Cameron Field	Warrington AC
213	4214	00:12:41	Max Robson	Richmond & Zetland Harriers
214	3882	00:12:41	Corey Robertson	Blyth RC
215	3917	00:12:41	Sam Moore	Charnwood AC
216	4145	00:12:42	Jonathan Anderson	Morpeth Harriers & AC
217	3957	00:12:42	Ashley Wyatt	City of Stoke AC
218	4006	00:12:42	Graeme Tinkler	Erme Valley Harriers
219	4342	00:12:42	Josh Boyce	Vale Royal AC
220	4340	00:12:43	Georgio Russo	Tonbridge AC
221	3909	00:12:43	Tom Childs	Cannock & Stafford AC
222	3953	00:12:43	Bradley Sentence	City of Stoke AC
223	4271	00:12:43	Paul Davis	Spenborough AC
224	4257	00:12:44	William Peryer	Skipton AC
225	4121	00:12:44	Jacob Anderson	Macclesfield Harriers & AC
226	4091	00:12:46	Robert Powell	Leigh Harriers & AC
227	3827	00:12:46	Connor Delaney	Bedford & County AC
228	4021	00:12:46	Harry Reece	Hastings AC
229	4093	00:12:46	Sam Chapman	Lincoln Wellington AC
230	4187	00:12:47	Chris Bowers-Parker	OWLS AC
231	4076	00:12:47	Ollie Watson	Leeds Carnegie AC
232	4224	00:12:47	Christopher Page	Rotherham Harriers & AC
233	4000	00:12:47	Matthew McGann	East Cheshire Harriers & Tameside AC
234	4165	00:12:47	James Thomas	Nene Valley Harriers
235	3927	00:12:48	George Gillingwater	Chiltern Harriers AC
236	4078	00:12:48	H Foster	Leeds City AC
237	3892	00:12:49	Michael Wimbledon	Bracknell AC
238	3904	00:12:50	Matt Lomas	Buxton AC
239	3955	00:12:51	Greg Smalley	City of Stoke AC
240	4122	00:12:52	Will Gayne	Macclesfield Harriers & AC
241	4249	00:12:52	Calum McCormick	Shaftesbury Barnet Harriers
242	4273	00:12:53	Andrew Butcher	Sphinx AC
243	4024	00:12:54	Thomas Davis	Havering Mayesbrook AC
244	4332	00:12:55	Daniel Flatman	Tonbridge AC
245	3900	00:12:55	Alex Benfield	Burton AC
246	3897	00:12:55	Jim Morley	Bromsgrove & Redditch AC
247	4178	00:12:56	Robert Keighery	Notts AC
248	4275	00:12:57	Matthew Cloke	St.Albans AC
249	4307	00:12:58	Oliver Wood	Tamworth AC
250	4117	00:12:58	Robert Morris	Longwood Harriers AC
251	4059	00:12:59	Tom Hartley	Kendal AC
252	3983	00:13:00	Tommy Fogarty-Cameron	Ealing Southall & Middx. AC
253	4193	00:13:01	Tom Holyoake	Peterborough AC
254	4065	00:13:02	Jake McAllister	Kettering Town Harriers
255	4324	00:13:02	Ryan Skipp	Thetford AC
256	4259	00:13:02	Ben Foreman	South London Harriers
257	3807	00:13:04	Daniel Ditton	Aldershot Farnham & District AC
258	4371	00:13:06	Conor Flanagan	Wirral AC
259	4374	00:13:07	Matthew Hay	Wirral AC
260	3857	00:13:08	Mark Poniatowski	Birchfield Harriers
261	3902	00:13:09	Jack Clarke	Buxton AC
262	4286	00:13:10	Thomas Hebden	Stockport Harriers AC
263	4301	00:13:10	Sam Greenbank	Tamworth AC
264	4018	00:13:10	Sam Garland	Hastings AC

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265	3829	00:13:11	Daniel Henson	Bedford & County AC
266	4221	00:13:12	William Johnson	Rotherham Harriers & AC
267	4163	00:13:13	Callum Reid	Nene Valley Harriers
268	3916	00:13:13	Alexander Dickie	Charnwood AC
269	3877	00:13:14	Daniel Mee	Blackwell & District AC
270	3844	00:13:14	Charlie Winch	Bexley AC
271	3992	00:13:15	Ellis Atkinson	East Cheshire Harriers & Tameside AC
272	4004	00:13:15	Tom Hansen	Erme Valley Harriers
273	4126	00:13:15	Ryan Wallis	Macclesfield Harriers & AC
274	3818	00:13:15	Jerome Richards	Amber Valley AC
275	4329	00:13:17	Luke Vine	Tipton Harriers
276	3850	00:13:18	Theo Blundell	Birchfield Harriers
277	4071	00:13:19	Jonathon Jones	Leamington C & AC
278	4200	00:13:20	Alex Bow	Reading AC
279	4133	00:13:21	David Wilkinson	Mansfield Harriers & AC
280	3899	00:13:22	Jamie Scoltock	Bromsgrove & Redditch AC
281	4326	00:13:22	Jordan Drummond	Tipton Harriers
282	3836	00:13:23	James Thornley	Bedford & County AC
283	4318	00:13:23	Kyle Kenrick	Thames Valley Harriers
284	3970	00:13:24	Dominic Chambers	Derby AC
285	4207	00:13:25	Paul Harmsworth	Richmond & Zetland Harriers
286	4256	00:13:25	Joe Brown	Skipton AC
287	3994	00:13:26	Nyle Flynn	East Cheshire Harriers & Tameside AC
288	4358	00:13:27	James Jackson	Warrington AC
289	4058	00:13:28	Jake Carradus	Kendal AC
290	4156	00:13:28	Robert Bradley	Nene Valley Harriers
291	3963	00:13:30	Daniel McKeown	Coventry Godiva Harriers
292	4095	00:13:33	Lewis Goddard	Lincoln Wellington AC
293	3923	00:13:33	Edward Selvey	Chesterfield & District AC
294	3985	00:13:35	Sean Hannington	Ealing Southall & Middx. AC
295	3991	00:13:36	Alex Allen	East Cheshire Harriers & Tameside AC
296	4373	00:13:36	Aaron Haviland	Wirral AC
297	3976	00:13:36	Benjamin Robertson	Derby AC
298	3949	00:13:37	Korey Hallett-Branch	City of Stoke AC
299	4274	00:13:37	Manveer Sahota	Sphinx AC
300	3960	00:13:37	Sam Furey	Corby AC
301	4190	00:13:43	Gihoff York	OWLS AC
302	3910	00:13:44	Jasper Hall	Cannock & Stafford AC
303	4290	00:13:44	Howard Allison	Stratford-on-Avon AC
304	4127	00:13:45	Russ Weightman	Macclesfield Harriers & AC
305	4113	00:13:45	Darren McDonald	Liverpool Pembroke & Sefton H & AC
306	4303	00:13:47	Josh Roughley	Tamworth AC
307	4063	00:13:49	Edward Cherry	Kettering Town Harriers
308	4285	00:13:50	Joseph Carnell	Stilton Striders
309	4123	00:13:50	James Mothershaw	Macclesfield Harriers & AC
310	4321	00:13:52	Coslee Searles	Thames Valley Harriers
311	4380	00:13:52	Dan Colbourne	Worthing & District Harriers
312	4147	00:13:55	Joe Elder	Morpeth Harriers & AC
313	4390	00:13:55	Cheyenne Antoine-Chager	Orion Harriers
314	4300	00:13:56	Zac Gray	Tamworth AC
315	4154	00:13:58	Sam Bently	Nene Valley Harriers
316	4025	00:14:04	Andrew Holland	Havering Mayesbrook AC
317	4304	00:14:04	Nick Russell	Tamworth AC

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318	4072	00:14:05	George Loveday	Leamington C & AC
319	4066	00:14:07	Liam Smith	Kettering Town Harriers
320	4227	00:14:09	Jordan Small	Rotherham Harriers & AC
321	4328	00:14:09	Joshua Evans	Tipton Harriers
322	4310	00:14:09	William Patmore	Team Bath AC
323	4098	00:14:10	Luke Martin	Lincoln Wellington AC
324	4288	00:14:11	James Parrott	Stockport Harriers AC
325	3898	00:14:11	Lawson Phipps-Jones	Bromsgrove & Redditch AC
326	4110	00:14:13	Ben Haines	Liverpool Pembroke & Sefton H & AC
327	3966	00:14:13	Jack Sweeney	Coventry Godiva Harriers
328	3995	00:14:14	Ian Graham	East Cheshire Harriers & Tameside AC
329	4166	00:14:16	Paul Fradley	Newcastle (Staffs) AC
330	4032	00:14:19	Fraser Kay	Herne Hill Harriers
331	4081	00:14:20	Q Scobie	Leeds City AC
332	4042	00:14:21	Sam Hobbs	Hillingdon AC
333	4387	00:14:23	Thomas Johnson	Wreake Runners
334	4394	00:14:24	Bix Hall	Orion Harriers
335	4101	00:14:28	Chris Manning	Liverpool Harriers & AC
336	4388	00:14:31	Archie Lyon	Wreake Runners
337	4179	00:14:32	Phillip Waring	Notts AC
338	3974	00:14:33	Joel Herbert	Derby AC
339	3858	00:14:35	Kieran Ratcliffe	Birchfield Harriers
340	4161	00:14:36	Dan Martin	Nene Valley Harriers
341	3901	00:14:38	James Latham	Burton AC
342	3853	00:14:39	Sam Lacey	Birchfield Harriers
343	4322	00:14:41	Nabil Toumi	Thames Valley Harriers
344	4320	00:14:48	Jack Pullan	Thames Valley Harriers
345	4174	00:14:51	Ben Abbott	Notts AC
346	4119	00:14:54	Liam Hartley	Louth AC
347	4189	00:14:57	Connor Muccdon	OWLS AC
348	4168	00:15:04	Jonathan Whitehurst	Newcastle (Staffs) AC
349	4099	00:15:07	Jake Moss	Lincoln Wellington AC
350	3876	00:15:25	Craig Marsh	Blackwell & District AC
351	4356	00:15:57	Michael Hawgood	Warrington AC
352	4222	00:16:11	Andrew Lidster	Rotherham Harriers & AC
353	3903	00:17:52	Bradley Fowler	Buxton AC