

Sheet1

Pos	RaceNo	Time	Name	Club
1	288	00:11:25	Shaun Webb	Ipswich Harriers
2	393	00:11:35	Danny Mills	Nuneaton Harriers
3	500	00:11:41	Thomas Curr	Stroud & District AC
4	90	00:11:42	Phillip Seasman	Blackheath & Bromley Harriers AC
5	461	00:11:55	Richard Goodman	Shaftesbury Barnet Harriers
6	75	00:11:57	Jack Gray	Birmingham Rowheath AC
7	318	00:11:58	Nathan Page	Lincoln Wellington AC
8	195	00:11:59	Benjamin Connor	Derby AC
9	56	00:12:00	Jack Goodwin	Bedford & County AC
10	333	00:12:01	Toby Loveridge	Liverpool Pembroke & Sefton H & AC
11	527	00:12:05	Oliver Davey	Thurrock Harriers
12	208	00:12:06	Karnvir Hayer	Ealing Southall & Middx. AC
13	178	00:12:08	Sam Atkin	Cleethorpes AC
14	112	00:12:09	Zak Seddon	Bracknell AC
15	55	00:12:09	Peter Devaney	Bedford & County AC
16	167	00:12:10	James Gray	City of Sheffield AC
17	313	00:12:13	Michael Wood	Leeds City AC
18	311	00:12:13	Elliott Todd	Leeds City AC
19	460	00:12:15	Frank Baily	Shaftesbury Barnet Harriers
20	453	00:12:16	Danny Collins	Scarborough AC
21	568	00:12:16	Thomas Jervis	Warrington AC
22	623	00:12:16	Aidan Brace	Wycombe Phoenix Harriers & AC
23	430	00:12:17	Sam Wood	Richmond & Zetland Harriers
24	417	00:12:18	Dion Whiteley	Pudsey & Bramley AC
25	508	00:12:18	Stephen Parkes	Tamworth AC
26	207	00:12:19	Richard Charles	Ealing Southall & Middx. AC
27	9	00:12:19	Joshua Grace	Aldershot Farnham & District AC
28	359	00:12:20	Marcus Cram	Morpeth Harriers & AC
29	54	00:12:21	James Burton	Bedford & County AC
30	169	00:12:22	Nathan Ainsworth	City of Stoke AC
31	314	00:12:22	Jake Kench	Leicester Coritanian AC
32	457	00:12:23	Josh Schofield	Scarborough AC
33	268	00:12:24	Carl Yates	Hillingdon AC
34	6	00:12:25	Harvey Dixon	Aldershot Farnham & District AC
35	495	00:12:25	Jack Morris	Stockport Harriers AC
36	397	00:12:25	Ashley Chambers	OWLS AC
37	317	00:12:26	Ian Maplethorpe	Lincoln Wellington AC
38	187	00:12:26	Matthew Rose	Coventry Godiva Harriers
39	515	00:12:26	Louis Gates	Team Southampton
40	538	00:12:27	Josh Bentham	Tonbridge AC
41	86	00:12:29	Hector Kurtyanek	Blackheath & Bromley Harriers AC
42	587	00:12:29	William Massey	Westbury Harriers
43	345	00:12:30	Tom Mead	Luton AC
44	543	00:12:31	Will Metham	Tonbridge AC
45	352	00:12:32	Ryan Saxton	Mansfield Harriers & AC
46	390	00:12:32	Mark Thompson	Notts AC
47	129	00:12:34	Chris Perrin	Cannock & Stafford AC
48	193	00:12:35	Paul Clifford	Darlington Harriers
49	149	00:12:36	James Selvey	Chesterfield & District AC
50	466	00:12:37	Cameron Boyek	Shildon R & AC
51	22	00:12:39	Elliot Woolmer	Aldershot Farnham & District AC
52	252	00:12:40	Lewis Lloyd	Herne Hill Harriers

Sheet1

53	347	00:12:41	Lloyd Hilton	Macclesfield Harriers & AC
54	168	00:12:41	Daniel Jepson	City of Sheffield AC
55	545	00:12:42	Luca Russo	Tonbridge AC
56	504	00:12:43	Thomas Purnell	Stroud & District AC
57	272	00:12:43	Max Kaye	Holmfirth Harriers AC
58	4	00:12:44	George Brown	Aldershot Farnham & District AC
59	107	00:12:44	Fergus O'Reilly	Bournemouth AC
60	600	00:12:45	Max Jeffers	Wirral AC
61	355	00:12:45	Daniel Murphy	Marshall Milton Keynes AC
62	472	00:12:46	William Pinder	Skipton AC
63	323	00:12:46	Mark Loveridge	Liverpool Harriers & AC
64	523	00:12:46	Thomas Francis	Thetford AC
65	34	00:12:47	Christopher Berntsen	Andover AC
66	301	00:12:47	Guy Allen	Leamington C & AC
67	608	00:12:47	Stephen Simpson	Wirral AC
68	199	00:12:47	Niall Maguire	Derby AC
69	259	00:12:48	Edward Shepherd	Herts Phoenix AC
70	409	00:12:48	Jacob Wisbey	Peterborough AC
71	5	00:12:48	Nathan Ditton	Aldershot Farnham & District AC
72	540	00:12:49	Ryan Driscoll	Tonbridge AC
73	307	00:12:50	Gordon Benson	Leeds City AC
74	10	00:12:50	Daniel Hooper	Aldershot Farnham & District AC
75	2	00:12:52	Ian Bailey	Aldershot Farnham & District AC
76	526	00:12:52	Ben Davey	Thurrock Harriers
77	330	00:12:52	Chris Hatton	Liverpool Pembroke & Sefton H & AC
78	58	00:12:52	Patrick Stewart	Bedford & County AC
79	257	00:12:52	Samuel Woods	Herne Hill Harriers
80	124	00:12:53	Kegan Lymn	Camberley & District AC
81	429	00:12:53	Marc Scott	Richmond & Zetland Harriers
82	428	00:12:53	George Robinson	Richmond & Zetland Harriers
83	346	00:12:53	Sean Still	Luton AC
84	142	00:12:54	Alex Short	Chelmsford AC
85	496	00:12:54	Jack Nixon	Stockport Harriers AC
86	577	00:12:55	James Ellis	West Cheshire AC
87	483	00:12:55	John Ashcroft	St.Helens Sutton AC
88	371	00:12:56	Callum Ramsey	Nene Valley Harriers
89	549	00:12:56	Josh McHugh	Trafford AC
90	284	00:12:56	Jack Garvin	Ipswich Harriers
91	606	00:12:57	Sam Robinson	Wirral AC
92	281	00:12:57	Alex Newson	Invicta East Kent AC
93	335	00:12:57	Edward Rimmer	Liverpool Pembroke & Sefton H & AC
94	293	00:12:57	Patrick Vicary	Kendal AC
95	263	00:12:59	Matthew Fayers	Hillingdon AC
96	270	00:12:59	Tom Halton	Holmfirth Harriers AC
97	566	00:13:00	Daniel Jackson	Warrington AC
98	418	00:13:00	Mathew Winder	Pudsey & Bramley AC
99	171	00:13:00	Tom Guy	City of Stoke AC
100	558	00:13:01	Philip Pugh	Uttoxeter Road Runners
101	13	00:13:01	Jordan Nutbrown	Aldershot Farnham & District AC
102	432	00:13:01	Joe Johnston	Rosendale Harriers & AC
103	308	00:13:01	Alex Hart	Leeds City AC
104	243	00:13:02	Joe Rainsford	Heanor RC
105	539	00:13:02	Jamie Bryant	Tonbridge AC

Sheet1

106	131	00:13:02	Ashley Wickett	Cannock & Stafford AC
107	184	00:13:02	Daniel Hillman	Coventry Godiva Harriers
108	258	00:13:02	Thomas Barfoot	Herts Phoenix AC
109	172	00:13:05	Michael Harding	City of Stoke AC
110	202	00:13:05	George James	Dorking & Mole Valley AC
111	14	00:13:06	Sean Nutbrown	Aldershot Farnham & District AC
112	445	00:13:06	Callum Greenwood	Sale Harriers Manchester
113	24	00:13:07	Ryan Ganose	Altrincham & District AC
114	63	00:13:07	Ben Marriott	Bingley Harriers & AC
115	267	00:13:07	Mark Speight	Hillingdon AC
116	470	00:13:07	Joel Griffith	Skipton AC
117	114	00:13:08	Matthew Deacon	Bristol & West AC
118	494	00:13:08	Harry Long	Stockport Harriers AC
119	484	00:13:09	David Griffiths	St.Helens Sutton AC
120	236	00:13:10	Jamie Buckley-Stanton	Havering Mayesbrook AC
121	570	00:13:10	Luke Johnson	Warrington AC
122	61	00:13:11	Sam Risby	Bexley AC
123	479	00:13:12	Carl Foulstone	Spensborough AC
124	406	00:13:12	Luke Phillips	Peterborough AC
125	294	00:13:12	George Quinn	Kent AC
126	579	00:13:12	Henry Loughlin	West Norfolk AC
127	170	00:13:13	Jos Broome	City of Stoke AC
128	156	00:13:13	Callum McLaren	City of Norwich AC
129	316	00:13:13	Matthew Bee	Lincoln Wellington AC
130	580	00:13:15	Stanley Roffe	West Norfolk AC
131	141	00:13:17	Marc Reynolds	Chelmsford AC
132	119	00:13:17	Adam Speake	Bristol & West AC
133	503	00:13:18	Aaron Phelps	Stroud & District AC
134	541	00:13:18	Robbie Farnham-Rose	Tonbridge AC
135	463	00:13:18	Antonio Razzano	Shaftesbury Barnet Harriers
136	332	00:13:19	Sean Kirkbride	Liverpool Pembroke & Sefton H & AC
137	410	00:13:19	William Gray	Phoenix AC
138	513	00:13:19	Martin Campbell	Team Southampton
139	469	00:13:20	Will Crisp	Skipton AC
140	487	00:13:20	Jamie White	St.Helens Sutton AC
141	534	00:13:21	Joel Hatton	Tipton Harriers
142	480	00:13:21	Jamie Cozens	Sphinx AC
143	501	00:13:21	Jordan Frapwell	Stroud & District AC
144	485	00:13:22	Daniel Hughes	St.Helens Sutton AC
145	465	00:13:22	Ryan Stephenson	Shaftesbury Barnet Harriers
146	448	00:13:23	Josh Oguntayo	Sale Harriers Manchester
147	113	00:13:23	Sam Bedwell	Bristol & West AC
148	51	00:13:23	Sam Bennet	Bedford & County AC
149	441	00:13:25	Kieran Smith	Royal Sutton Coldfield AC
150	144	00:13:26	Stephen Strange	Chelmsford AC
151	174	00:13:27	Alex Porecker	City of Stoke AC
152	533	00:13:27	Luke Gainham	Tipton Harriers
153	312	00:13:28	Robert Torch	Leeds City AC
154	310	00:13:28	Tom Rollins	Leeds City AC
155	419	00:13:28	Jordan Bateman	Reading AC
156	211	00:13:29	Christopher Young	Ealing Southall & Middx. AC
157	625	00:13:29	Alex Imce	Wycombe Phoenix Harriers & AC
158	351	00:13:29	Henry Partridge	Mansfield Harriers & AC

Sheet1

159	132	00:13:29	Luke Baxter	Charnwood AC
160	206	00:13:30	Christopher Charles	Ealing Southall & Middx. AC
161	334	00:13:30	John Meakin	Liverpool Pembroke & Sefton H & AC
162	127	00:13:31	Sam Derry	Cannock & Stafford AC
163	85	00:13:31	Sam Jackson	Blackheath & Bromley Harriers AC
164	37	00:13:31	Alex Rudge	Andover AC
165	482	00:13:33	Elliot Poulain	St.Albans AC
166	230	00:13:33	Justin Boyd	Hallamshire Harriers
167	244	00:13:34	Geordie Logan	Hercules Wimbledon AC
168	221	00:13:34	Johnie Boyd	Gateshead Harriers & AC
169	173	00:13:34	Luke Kinch	City of Stoke AC
170	217	00:13:35	Aaron Schofield	East Cheshire Harriers & Tameside AC
171	509	00:13:36	Luke Roughley	Tamworth AC
172	235	00:13:36	Ross Skelton	Hastings AC
173	498	00:13:36	Jack McMullen	Stratford-on-Avon AC
174	205	00:13:36	Mark Cameron	Ealing Southall & Middx. AC
175	603	00:13:36	Josh Mitchell	Wirral AC
176	344	00:13:37	Daniel Johnson	Luton AC
177	273	00:13:38	Declan McGivern	Holmfirth Harriers AC
178	50	00:13:39	Luke Angell	Bedford & County AC
179	52	00:13:39	Matthew Bergin	Bedford & County AC
180	222	00:13:39	Robbie Costello	Gateshead Harriers & AC
181	542	00:13:40	Jack Keywood	Tonbridge AC
182	68	00:13:40	Ben Griffiths	Birchfield Harriers
183	372	00:13:40	Tom Rodgers	Nene Valley Harriers
184	192	00:13:41	Oliver Glyn	Dacorum & Tring AC
185	128	00:13:42	Jack Lockett	Cannock & Stafford AC
186	137	00:13:43	Joe Wales	Charnwood AC
187	519	00:13:43	Ben Winstanley	Team Southampton
188	291	00:13:44	Luke Ingham	Kendal AC
189	440	00:13:44	Stuart McCaw	Royal Sutton Coldfield AC
190	87	00:13:45	Will Mercer	Blackheath & Bromley Harriers AC
191	497	00:13:45	Jack Allison	Stratford-on-Avon AC
192	139	00:13:45	Steven Hardy	Chelmsford AC
193	134	00:13:45	Alex Kavanagh	Charnwood AC
194	101	00:13:45	Zak Haywood	Bolton United Harriers & AC
195	215	00:13:45	Joseph Hudak	East Cheshire Harriers & Tameside AC
196	143	00:13:45	Michael Smith	Chelmsford AC
197	375	00:13:46	Tommy Bower	Newham & Essex Beagles
198	282	00:13:46	Kieran Reilly	Invicta East Kent AC
199	537	00:13:46	Lee Whitehouse	Tipton Harriers
200	403	00:13:46	Rupert Radley	OWLS AC
201	391	00:13:47	Nathan Gray	Nuneaton Harriers
202	486	00:13:47	Jamie Webb	St.Helens Sutton AC
203	605	00:13:47	Phil Robertson	Wirral AC
204	547	00:13:48	Andrew Thomas	Tonbridge AC
205	260	00:13:48	Gavin Barclay	Hillingdon AC
206	122	00:13:48	Chris Rushworth	Buxton AC
207	408	00:13:48	Nicholas Stone	Peterborough AC
208	130	00:13:49	James Perrin	Cannock & Stafford AC
209	228	00:13:49	Liam Taylor	Halesowen AC
210	389	00:13:49	Freddie Hessian	Notts AC
211	449	00:13:49	Callum Rowlinson	Sale Harriers Manchester

Sheet1

212	200	00:13:50	Samuel Poole	Derby AC
213	532	00:13:50	Sam Davies	Tipton Harriers
214	574	00:13:51	Matthew Pontifex	Warrington AC
215	626	00:13:51	Scott Pulley	Wycombe Phoenix Harriers & AC
216	158	00:13:51	Toby Brimecombe	City of Portsmouth AC
217	367	00:13:52	Eddie Hewitt	Nene Valley Harriers
218	507	00:13:52	Richard Mahoney	Tamworth AC
219	506	00:13:52	Jack Childs	Tamworth AC
220	59	00:13:54	Chris Thornley	Bedford & County AC
221	327	00:13:55	Michael Bride	Liverpool Pembroke & Sefton H & AC
222	303	00:13:55	Matt Bull	Leamington C & AC
223	385	00:13:55	Joe Coleshaw	Notts AC
224	210	00:13:55	William Pinder	Ealing Southall & Middx. AC
225	138	00:13:56	Ben Bird	Chelmsford AC
226	491	00:13:57	Joe Briggs	Stockport Harriers AC
227	561	00:13:57	Ryan Hartley	Wakefield & District Harriers AC
228	377	00:13:58	David Kail	Newham & Essex Beagles
229	350	00:13:58	John Brown	Mansfield Harriers & AC
230	353	00:13:58	Richie Talbot	Mansfield Harriers & AC
231	370	00:13:59	Toby Nolan	Nene Valley Harriers
232	342	00:13:59	Guy Gregory	Ludlow Runners
233	17	00:13:59	Matthew Reese	Aldershot Farnham & District AC
234	474	00:14:02	Robbie Swift	Skipton AC
235	322	00:14:02	Tom Crowley	Liverpool Harriers & AC
236	546	00:14:03	Nick Taylor	Tonbridge AC
237	297	00:14:04	Adam Bateson	Lancaster & Morecambe AC
238	290	00:14:04	Mike Hoyle	Kendal AC
239	136	00:14:04	Ben Salt	Charnwood AC
240	340	00:14:04	Russell Adams	Ludlow Runners
241	89	00:14:04	Greg Proctor	Blackheath & Bromley Harriers AC
242	49	00:14:05	Josh Angell	Bedford & County AC
243	190	00:14:05	Sean Dyer	Crewe & Nantwich AC
244	618	00:14:05	Rowan Miargraves	Wreake Runners
245	306	00:14:06	Chris Wood	Leamington C & AC
246	179	00:14:06	Nathan Duncan	Cleethorpes AC
247	27	00:14:06	Josh Smith	Altrincham & District AC
248	321	00:14:08	Ryan Stevenson	Lincoln Wellington AC
249	309	00:14:08	J Higgins	Leeds City AC
250	298	00:14:08	Callum Mason	Lancaster & Morecambe AC
251	437	00:14:09	Sam Howis	Rotherham Harriers & AC
252	296	00:14:10	Daniel Thompson	Kettering Town Harriers
253	224	00:14:10	Nathan Newton	Gateshead Harriers & AC
254	511	00:14:11	Lui Pollastrone	Team Bath AC
255	106	00:14:12	Craig Melvin	Boston & District AC
256	489	00:14:13	Jack Ross	Staffordshire Moorlands AC
257	471	00:14:13	Peter Messenger	Skipton AC
258	209	00:14:13	Connor Hearn	Ealing Southall & Middx. AC
259	28	00:14:14	Michael Bosworth	Amber Valley AC
260	363	00:14:14	Henry Dunn	Nene Valley Harriers
261	116	00:14:15	George Hurford	Bristol & West AC
262	229	00:14:15	Michael Gaughan	Halifax Harriers
263	616	00:14:15	David Freeman	Wreake Runners
264	499	00:14:15	Sam Taylor	Stratford-on-Avon AC

Sheet1

265	514	00:14:16	Simon Campbell	Team Southampton
266	621	00:14:16	Josh Slingsby	Wreake Runners
267	521	00:14:17	Ben Burton	Thanet Road Runners AC
268	609	00:14:18	Liam Blaikie	Woodford Green AC with Essex Ladies
269	435	00:14:21	Elliot Whyllie	Rossendale Harriers & AC
270	15	00:14:21	Francois Owlage	Aldershot Farnham & District AC
271	459	00:14:21	Daniel Abrey	Shaftesbury Barnet Harriers
272	219	00:14:22	Alex Gibson	East Hull Harriers
273	492	00:14:22	Jamie Henderson	Stockport Harriers AC
274	29	00:14:22	Chris Dawe	Amber Valley AC
275	265	00:14:24	Kyle Ingham-Neacy	Hillingdon AC
276	601	00:14:24	Toby Kelly	Wirral AC
277	198	00:14:24	Ashwin Kang	Derby AC
278	536	00:14:25	Matthew Rice	Tipton Harriers
279	279	00:14:27	Sam Hudson	Invicta East Kent AC
280	627	00:14:27	Ellis Ball	Orion Harriers
281	8	00:14:28	Tom Fricker	Aldershot Farnham & District AC
282	434	00:14:29	Jack Stringfellow	Rossendale Harriers & AC
283	201	00:14:30	Jack Robertson	Derby AC
284	175	00:14:31	Rob Wilson	City of Stoke AC
285	524	00:14:32	Joe Kirton	Thetford AC
286	189	00:14:33	Liam Dyer	Crewe & Nantwich AC
287	302	00:14:33	Jimmy Bull	Leamington C & AC
288	148	00:14:33	Timothy Schaanning	Chesterfield & District AC
289	23	00:14:33	Adam Dolan	Altrincham & District AC
290	70	00:14:34	Joshua Lacey	Birchfield Harriers
291	564	00:14:35	Joseph Braidwood	Warrington AC
292	358	00:14:36	Tom Brookes	Morpeth Harriers & AC
293	126	00:14:37	Stuart Davies	Cannock & Stafford AC
294	396	00:14:37	Jake Boat	OWLS AC
295	31	00:14:39	Aiden Smith	Amber Valley AC
296	197	00:14:40	Matthew Hayes	Derby AC
297	102	00:14:40	Danny Johnson	Bolton United Harriers & AC
298	468	00:14:41	Ryan Etherington	Shildon R & AC
299	111	00:14:43	James Mitchell	Bracknell AC
300	154	00:14:44	Jack Harrison	City of Norwich AC
301	431	00:14:44	Luke Gregory	Rossendale Harriers & AC
302	57	00:14:44	Andrew Minney	Bedford & County AC
303	366	00:14:46	Sam Harris	Nene Valley Harriers
304	630	00:14:46	Auberon Hall	Orion Harriers
305	145	00:14:47	Ted Shaughnessy	Cheltenham & County Harriers
306	619	00:14:48	Jim Payne	Wreake Runners
307	622	00:14:48	Gregg Webb	Wreake Runners
308	25	00:14:49	Stewart Nichol	Altrincham & District AC
309	522	00:14:50	Jacob Burton	Thanet Road Runners AC
310	565	00:14:52	Michael Hilton	Warrington AC
311	530	00:14:55	John Carpenter	Tipton Harriers
312	104	00:14:55	Jeremy Baily	Boston & District AC
313	256	00:14:55	Daniel Wilmott	Herne Hill Harriers
314	105	00:14:56	Aidan McClure	Boston & District AC
315	83	00:14:56	Jonathan Halls	Blackheath & Bromley Harriers AC
316	478	00:14:56	Simon Bolland	Spensborough AC
317	467	00:14:58	Fergus Chadwick	Shildon R & AC

Sheet1

318	399	00:15:00	Niall McSharry	OWLS AC
319	544	00:15:01	Henry Newsome	Tonbridge AC
320	295	00:15:01	David Edwards	Kettering Town Harriers
321	464	00:15:02	Jordan Stainer	Shaftesbury Barnet Harriers
322	69	00:15:04	Alex Jackson	Birchfield Harriers
323	407	00:15:05	Tristian Smith	Peterborough AC
324	251	00:15:06	Jamal Langley	Herne Hill Harriers
325	379	00:15:09	James Watts	Newham & Essex Beagles
326	368	00:15:18	Rob Jacobs	Nene Valley Harriers
327	567	00:15:23	Adam Jefferson	Warrington AC
328	121	00:15:25	Harrison Howie	Bromsgrove & Redditch AC
329	212	00:15:30	Liam Banks-Carr	East Cheshire Harriers & Tameside AC
330	361	00:15:35	Philip Shuttleworth	Morpeth Harriers & AC
331	245	00:15:43	Edward Saywell	Hercules Wimbledon AC
332	617	00:15:44	Spencer Lyon	Wreake Runners
333	392	00:15:45	Jake Hayward	Nuneaton Harriers
334	74	00:15:51	Patrick Tirwus	Birchfield Harriers
335	227	00:15:55	Robert Spencer	Halesowen AC
336	188	00:16:05	Andrew Timothy	Coventry Godiva Harriers
337	505	00:16:07	Oliver Starkey	Stroud & District AC
338	349	00:16:08	Matthew Wallis	Macclesfield Harriers & AC
339	404	00:16:14	Peter Gooly	Peterborough AC
340	183	00:16:16	Nick Fellows	Coventry Godiva Harriers
341	280	00:16:17	Chris Little	Invicta East Kent AC
342	578	00:16:19	Michael McCormick	West Cheshire AC
343	118	00:16:20	Zach Marsh	Bristol & West AC
344	575	00:16:32	Wayne Robinson	Warrington AC
345	43	00:16:48	Jack Morris	Barnet & District AC
346	216	00:17:20	Adam Porritt	East Cheshire Harriers & Tameside AC
347	214	00:19:42	Michael Fagg	East Cheshire Harriers & Tameside AC