

Sheet1

Pos	RaceNo	Time	Name	Club
1	2376	00:14:39	Daniel Clorley	Luton AC
2	2275	00:14:43	Ross Murray	Gateshead Harriers & AC
3	2641	00:14:47	Ronnie Sparke	Woodford Green AC with Essex Ladies
4	2597	00:14:53	Daniel Cliffe	Warrington AC
5	2572	00:14:56	Jeremy Gilmour	Trafford AC
6	2596	00:15:07	Stephen Broadhurst	Warrington AC
7	2105	00:15:07	Jonny Hay	Aldershot Farnham & District AC
8	2152	00:15:15	Paul Thompson	Birmingham Rowheath AC
9	2128	00:15:17	Ryan Parker	Bedford & County AC
10	2168	00:15:19	Tom Carson	Bolton United Harriers & AC
11	2104	00:15:21	Josh Gorecki	Aldershot Farnham & District AC
12	2490	00:15:23	Abdirisak Ahmed	Sheffield RC
13	2602	00:15:23	James Robinson	West Norfolk AC
14	2480	00:15:24	Danny Schofield	Scarborough AC
15	2291	00:15:24	Grant Twist	Havering Mayesbrook AC
16	2217	00:15:26	Jacob Landers	City of Plymouth AC
17	2233	00:15:26	Kieran Smith	City of York AC
18	2378	00:15:26	John McDonnell	Luton AC
19	2637	00:15:27	Alex Cornwell	Woodford Green AC with Essex Ladies
20	2172	00:15:28	Tom Farrell	Border Harriers & AC
21	2471	00:15:30	Niall Brooke	Sale Harriers Manchester
22	2600	00:15:32	Harry Ellis	West Cheshire AC
23	2566	00:15:37	Seb Harding	Tonbridge AC
24	2562	00:15:37	Andy Combs	Tonbridge AC
25	2218	00:15:38	Jack Moxley	City of Plymouth AC
26	2599	00:15:39	Matthew Jackson	Warrington AC
27	2280	00:15:39	Richard Spooner	Hallamshire Harriers
28	2305	00:15:40	Richard Mann	Hillingdon AC
29	2244	00:15:40	Matthew Salt	Dacorum & Tring AC
30	2365	00:15:42	David Forrester	Liverpool Pembroke & Sefton H & AC
31	2548	00:15:42	Jamie Knapp	Team Southampton
32	2349	00:15:42	Shane Robinson	Lincoln Wellington AC
33	2137	00:15:44	Thomas Crowley	Bingley Harriers & AC
34	2432	00:15:44	Josh Ogden	Oswestry Olympians
35	2211	00:15:44	James Jackson	City of Norwich AC
36	2491	00:15:44	Yasin Mohamed	Sheffield RC
37	2617	00:15:45	Max Kiralyfi	Winchester & District AC
38	2131	00:15:46	Dale Williamson	Bedford & County AC
39	2437	00:15:46	Sam Stabler	OWLS AC
40	2107	00:15:46	Joe Morwood	Aldershot Farnham & District AC
41	2136	00:15:47	Frank Kilama	Bexley AC
42	2454	00:15:48	Doug Roberts	Richmond & Zetland Harriers
43	2503	00:15:50	Daniel Sellman	South London Harriers
44	2543	00:15:51	Oliver Bower	Team Bath AC
45	2327	00:15:52	Geoff Belcher	Leeds City AC
46	2527	00:15:53	Jon Turnock	Staffordshire Moorlands AC
47	2586	00:15:55	Andy Clews	Vale Royal AC
48	2140	00:15:55	Adam Blundell	Birchfield Harriers
49	2236	00:15:55	Lloyd Heard	Colchester & Tendring AC
50	2579	00:15:56	Sam Witter	Trafford AC
51	2177	00:15:56	Sean Hazell	Bristol & West AC
52	2434	00:15:57	Josh Norman	OWLS AC

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53	2568	00:15:58	Michael Mason	Tonbridge AC
54	2528	00:15:59	Michael Cook	Stockport Harriers AC
55	2286	00:15:59	Adam Clarke	Hastings AC
56	2315	00:16:00	Elliott Palmer	Ipswich Harriers
57	2616	00:16:00	Dom Kiralyfi	Winchester & District AC
58	2249	00:16:00	Thomas Bishop	Derby AC
59	2507	00:16:01	Tom Frith	Southend AC
60	2402	00:16:01	Daniel Layton	Mendip AC
61	2631	00:16:02	Andrew Gawne	Wirral AC
62	2475	00:16:02	Jamie Roden	Sale Harriers Manchester
63	2232	00:16:02	Iain Lynn	City of York AC
64	2487	00:16:03	Jake Shelley	Shaftesbury Barnet Harriers
65	2374	00:16:04	Peter Benedickter	Luton AC
66	2457	00:16:05	Joe Kelly	Rossendale Harriers & AC
67	2123	00:16:06	Alex Bellew	Bedford & County AC
68	2433	00:16:06	Danny Hallam	OWLS AC
69	2189	00:16:06	Scott Baxter	Charnwood AC
70	2219	00:16:06	Chris Sykes	City of Plymouth AC
71	2403	00:16:07	Nathan Young	Mendip AC
72	2155	00:16:08	Stephen Cavey	Blackheath & Bromley Harriers AC
73	2570	00:16:08	Kurt Wolfe	Tonbridge AC
74	2476	00:16:09	Alex Webster	Sale Harriers Manchester
75	2615	00:16:10	Callum Brown	Winchester & District AC
76	2520	00:16:11	Matt Allott	Staffordshire Moorlands AC
77	2126	00:16:12	Michael Goodwin	Bedford & County AC
78	2440	00:16:14	Richard Pawlak	Peterborough AC
79	2486	00:16:15	Evan McKenzie	Shaftesbury Barnet Harriers
80	2320	00:16:16	Liam Holiday	Kingston Upon Hull AC
81	2521	00:16:16	Kyle Fowler	Staffordshire Moorlands AC
82	2483	00:16:16	Jial Fleming	Shaftesbury Barnet Harriers
83	2408	00:16:17	Jarl Taylor	Morpeth Harriers & AC
84	2470	00:16:17	Jonny Pegg	Rutland AC
85	2407	00:16:18	Jordan Scott	Morpeth Harriers & AC
86	2341	00:16:20	Ashley Williams	Lewes AC
87	2209	00:16:21	Thomas Crawshaw	City of Norwich AC
88	2564	00:16:22	James Darby	Tonbridge AC
89	2214	00:16:23	James Senior	City of Norwich AC
90	3648	00:16:24	George Withey	Stroud & District AC
91	2628	00:16:24	Stephen Duckers	Wirral AC
92	2101	00:16:24	Oli Aitchinson	Aldershot Farnham & District AC
93	2103	00:16:25	Tom Goddard	Aldershot Farnham & District AC
94	2330	00:16:26	Eddie Mason	Leeds City AC
95	2306	00:16:27	Robert Thompson	Hillingdon AC
96	2405	00:16:28	Alistair Douglass	Morpeth Harriers & AC
97	2436	00:16:28	Lewis Smart	OWLS AC
98	2482	00:16:29	Billy Collins	Shaftesbury Barnet Harriers
99	2419	00:16:29	Chris Wright	Nene Valley Harriers
100	2505	00:16:30	Howard Clarke	Southend AC
101	2127	00:16:30	George Kemp	Bedford & County AC
102	2267	00:16:31	Ryan Gould	East Cheshire Harriers & Tameside AC
103	2146	00:16:31	Nicholas Hardy	Birchfield Harriers
104	2509	00:16:32	David Smale	Southend AC
105	2629	00:16:33	Shaun Egan	Wirral AC

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106	2200	00:16:34	Ryan Judge	Chelmsford AC
107	2633	00:16:34	Ross Maxwell	Wirral AC
108	2304	00:16:35	James Laing	Hillingdon AC
109	2124	00:16:35	Tom Corbett	Bedford & County AC
110	2331	00:16:35	N Plastow	Leeds City AC
111	2409	00:16:37	Chris Clarke	Nene Valley Harriers
112	2638	00:16:37	Gavin Lewis	Woodford Green AC with Essex Ladies
113	2277	00:16:38	Tom Butler	Hallamshire Harriers
114	2575	00:16:38	James Keeler	Trafford AC
115	2328	00:16:38	Danny Davies	Leeds City AC
116	2456	00:16:39	Ashley Kay	Rossendale Harriers & AC
117	2578	00:16:39	James Witter	Trafford AC
118	2248	00:16:39	David Bishop	Derby AC
119	2317	00:16:40	Alfred Grimley	Kent AC
120	2274	00:16:41	Liam Baister	Gateshead Harriers & AC
121	2174	00:16:41	Henry Mitchell	Bracknell AC
122	2247	00:16:41	Nick Wood	Dartford Harriers
123	2203	00:16:42	Andrew Kaighin	Cheltenham & County Harriers
124	2183	00:16:42	Will Mycroft	Cambridge & Coleridge
125	2655	00:16:43	Liam Bartlett	Manchester Harriers & AC
126	2445	00:16:43	Ryan Creaves	Pudsey & Bramley AC
127	2230	00:16:43	Josh Kinch	City of Stoke AC
128	2418	00:16:44	Jacob Walker	Nene Valley Harriers
129	2250	00:16:44	Callum Chambers	Derby AC
130	2336	00:16:45	Liam Phelan	Leicester Coritanian AC
131	2190	00:16:46	Micheal Brind	Charnwood AC
132	2594	00:16:46	Dale Worton	Wakefield & District Harriers AC
133	2439	00:16:46	Ed Gunby	Peterborough AC
134	2130	00:16:46	Luke Turnbull	Bedford & County AC
135	2355	00:16:47	Chris Woodger	Lincoln Wellington AC
136	2524	00:16:48	Andy Marsden	Staffordshire Moorlands AC
137	2636	00:16:49	Jon-Philip Seymour	Wirral AC
138	2212	00:16:49	Oliver Maskell	City of Norwich AC
139	2245	00:16:50	Chris Gaffney	Darlington Harriers
140	2383	00:16:50	Edward Williams	Macclesfield Harriers & AC
141	2574	00:16:50	David Horniman	Trafford AC
142	2181	00:16:50	Adam Peacock	Bromsgrove & Redditch AC
143	2243	00:16:51	Chris Lugg	Crewe & Nantwich AC
144	2192	00:16:52	Sam Densuam	Charnwood AC
145	2649	00:16:53	Sanjay Silva	Wycombe Phoenix Harriers & AC
146	2627	00:16:53	Chris Cooper	Wirral AC
147	2310	00:16:53	Jason Prickett	Invicta East Kent AC
148	2258	00:16:55	Patrick Hannah	Ealing Southall & Middx. AC
149	2428	00:16:55	Blayne Pick	Notts AC
150	2530	00:16:56	Nathan Ludlain	Stockport Harriers AC
151	2372	00:16:56	Mark Boot	Long Eaton Running Club
152	2455	00:16:57	Jordan Beard	Rossendale Harriers & AC
153	2516	00:16:57	Matthew Melia	Sphinx AC
154	2225	00:16:58	Alex Walker	City of Sheffield AC
155	2235	00:16:58	Joe Wilbourne	Cleethorpes AC
156	2514	00:16:59	Patrick Vis	Southport Waterloo AC
157	2519	00:16:59	Jake Healy	St.Helens Sutton AC
158	2227	00:17:00	David Clarke	City of Stoke AC

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159	2323	00:17:01	Jon Tucker	Kingston Upon Hull AC
160	2363	00:17:01	James Toohey	Liverpool Harriers & AC
161	2316	00:17:02	Tom Sessford	Keighley & Craven AC
162	2167	00:17:02	Robert Ashworth	Bolton United Harriers & AC
163	2240	00:17:04	Andrew Downing	Coventry Godiva Harriers
164	2561	00:17:05	Michael-John Clemmence	Tonbridge AC
165	2171	00:17:05	Liam Short	Bolton United Harriers & AC
166	2202	00:17:05	Daniel Harrison	Cheltenham & County Harriers
167	2201	00:17:05	James Woodley	Chelmsford AC
168	2559	00:17:08	Billy Trueman	Tipton Harriers
169	2411	00:17:09	Alex Gibb	Nene Valley Harriers
170	2234	00:17:10	Mathew Duncan	Cleethorpes AC
171	2478	00:17:11	James Wignall	Sale Harriers Manchester
172	2536	00:17:11	Stephen Deeley	Tamworth AC
173	2204	00:17:12	George Livingstone-Thompson	Cheltenham & County Harriers
174	2357	00:17:12	Ben Brown	Liverpool Harriers & AC
175	2492	00:17:12	Brendan Chadwick	Shildon R & AC
176	2467	00:17:12	Scott Rowley	Royal Sutton Coldfield AC
177	2589	00:17:13	James Stringer	Vale Royal AC
178	2598	00:17:14	Brian Gallagher	Warrington AC
179	2185	00:17:15	Hayden Carter	Cannock & Stafford AC
180	2468	00:17:16	Will Stevens	Royal Sutton Coldfield AC
181	2143	00:17:19	Jarryd Dunn	Birchfield Harriers
182	2368	00:17:21	Chris Hesketh	Liverpool Pembroke & Sefton H & AC
183	2282	00:17:22	Harry Thorpe	Hallamshire Harriers
184	2303	00:17:23	Shane Coombes	Hillingdon AC
185	2191	00:17:23	George Buttery	Charnwood AC
186	2339	00:17:23	Thomas Powell	Leigh Harriers & AC
187	2382	00:17:25	Daniel Seager	Macclesfield Harriers & AC
188	2180	00:17:26	Simon Lanckham	Bromsgrove & Redditch AC
189	2542	00:17:26	Matthew Wood	Tamworth AC
190	2525	00:17:26	Vincent Martin	Staffordshire Moorlands AC
191	2251	00:17:29	Adam Herbert	Derby AC
192	2207	00:17:29	Allan Stewart	Chiltern Harriers AC
193	2375	00:17:30	Daniel Bianchi	Luton AC
194	2263	00:17:30	Jamie Taylor-Caldwell	Ealing Southall & Middx. AC
195	2435	00:17:30	Paddy Raduey	OWLS AC
196	2410	00:17:31	Scott Forman	Nene Valley Harriers
197	2540	00:17:31	Sam Micklewright	Tamworth AC
198	2653	00:17:31	Daniel Penfold	Orion Harriers
199	2298	00:17:33	Charlie Luscombe	Herne Hill Harriers
200	2544	00:17:35	Ruben Bower	Team Bath AC
201	2332	00:17:35	Daniel Callow	Leicester Coritanian AC
202	2329	00:17:36	Mark Lunn	Leeds City AC
203	2532	00:17:36	David Thompson	Stockport Harriers AC
204	2198	00:17:37	Peter Hawkings	Chelmsford AC
205	2326	00:17:38	Lee Allsop	Leeds City AC
206	2453	00:17:38	Liam Fletcher	Richmond & Zetland Harriers
207	2162	00:17:39	Luke Berry	Blackpool Wyre & Fylde AC
208	2553	00:17:40	Manzu-Lyn Cain	Tipton Harriers
209	2511	00:17:40	Paul Gavan	Southport Waterloo AC
210	2362	00:17:41	Phil Leggett	Liverpool Harriers & AC
211	2416	00:17:41	Josh Reed	Nene Valley Harriers

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212	2595	00:17:42	Connor McArdle	Wallasey AC
213	2194	00:17:43	Simon Jones	Charnwood AC
214	2555	00:17:44	Zabie Hassan	Tipton Harriers
215	2413	00:17:48	Josh Lunn	Nene Valley Harriers
216	2325	00:17:48	Jack Mee	Leamington C & AC
217	2216	00:17:49	Ben Anderson	City of Plymouth AC
218	2366	00:17:49	Thomas Hanlon	Liverpool Pembroke & Sefton H & AC
219	2541	00:17:52	Joe Saddington	Tamworth AC
220	2415	00:17:52	David Newton	Nene Valley Harriers
221	2488	00:17:53	Jack Thie	Shaftesbury Barnet Harriers
222	2576	00:17:54	David Meyer	Trafford AC
223	2176	00:17:55	Bruce Coram	Bristol & West AC
224	2253	00:17:58	William Robertson	Derby AC
225	2539	00:18:00	Jacob Hughes	Tamworth AC
226	2242	00:18:01	Lee Norman	Coventry Godiva Harriers
227	2283	00:18:03	Matthew Wilsher	Hallamshire Harriers
228	2473	00:18:04	Alex Lett	Sale Harriers Manchester
229	2119	00:18:05	Jake Harrison	Barrow Runners
230	2129	00:18:06	Richard Taberner	Bedford & County AC
231	2229	00:18:06	Ham Hendricken	City of Stoke AC
232	2563	00:18:08	James Cotterill	Tonbridge AC
233	2261	00:18:09	Anthony Shaw	Ealing Southall & Middx. AC
234	2458	00:18:11	Tom Maden	Rossendale Harriers & AC
235	2558	00:18:11	Jacob Tipper	Tipton Harriers
236	2294	00:18:13	Deyan Knespl	Hercules Wimbledon AC
237	2554	00:18:17	Luke Corbett	Tipton Harriers
238	2632	00:18:18	Rory Lott	Wirral AC
239	2259	00:18:22	Christopher Hepworth	Ealing Southall & Middx. AC
240	2228	00:18:24	Rob Cook	City of Stoke AC
241	2148	00:18:24	Lewis Morley	Birchfield Harriers
242	2630	00:18:24	Eamonn Foster	Wirral AC
243	2517	00:18:25	Steven Clague	St.Helens Sutton AC
244	2272	00:18:25	Andrew Reed	Erme Valley Harriers
245	2133	00:18:31	Adam Kneeshaw	Beverley AC
246	2373	00:18:32	Matthew Trounson	Ludlow Runners
247	2178	00:18:34	Danny Joseph	Bristol & West AC
248	2472	00:18:35	Danny Hope	Sale Harriers Manchester
249	2466	00:18:36	Warren Price	Royal Sutton Coldfield AC
250	2334	00:18:36	Stephen Maddocks	Leicester Coritanian AC
251	2112	00:18:38	Dominic Scott	Altrincham & District AC
252	2147	00:18:39	Daniel Lismore	Birchfield Harriers
253	2199	00:18:42	Conar Judge	Chelmsford AC
254	2348	00:18:44	Henry Naughton	Lincoln Wellington AC
255	2565	00:18:44	James Edwards	Tonbridge AC
256	2319	00:18:47	Mark Cage	Kingston Upon Hull AC
257	2132	00:18:48	James Carson	Beverley AC
258	2173	00:18:48	Stephen Brockett	Boston & District AC
259	2296	00:18:51	Dan King	Hereford & County AC
260	2360	00:18:54	Tom Croft	Liverpool Harriers & AC
261	2515	00:18:55	Thomas Delaney	Sphinx AC
262	2206	00:18:56	Rowan Tibbs	Cheltenham & County Harriers
263	2465	00:18:58	Liam Thompson	Rotherham Harriers & AC
264	2431	00:18:58	Jared Wilson	Nuneaton Harriers

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265	2281	00:19:03	Frank Thorpe	Hallamshire Harriers
266	2447	00:19:06	Jack Roundhill	Pudsey & Bramley AC
267	2342	00:19:08	Gavin Campbell	Lincoln Wellington AC
268	2380	00:19:10	Andrew Mothershaw	Macclesfield Harriers & AC
269	2518	00:19:14	Adam Fackey	St.Helens Sutton AC
270	2567	00:19:15	Alex Hookway	Tonbridge AC
271	2552	00:19:16	Harry King	Thurrock Harriers
272	2265	00:19:17	David Barratt	East Cheshire Harriers & Tameside AC
273	2231	00:19:18	Matt Scraggs	City of Stoke AC
274	2588	00:19:19	Andy Perry	Vale Royal AC
275	2135	00:19:26	Stephen Carter	Bexley AC
276	2300	00:19:28	Samuel Stein	Herne Hill Harriers
277	2533	00:19:37	Liam Turnbull	Stockport Harriers AC
278	2506	00:19:43	Josh Crompton	Southend AC
279	2385	00:19:53	Alec George	Mansfield Harriers & AC
280	2346	00:19:56	Neil Humberstone	Lincoln Wellington AC
281	2114	00:19:58	Arron Smith	Amber Valley AC
282	2444	00:20:09	Richard Bhoia	Pudsey & Bramley AC
283	2302	00:20:17	Henry Sutcliffe	Herne Hill Harriers
284	2238	00:20:26	Richard Bowman	Coventry Godiva Harriers
285	2523	00:20:30	Jamie Lewis	Staffordshire Moorlands AC
286	2144	00:20:41	Jak Frankham	Birchfield Harriers
287	2550	00:20:54	Chris Lewis	Telford AC
288	2262	00:21:05	Martin Shelley	Ealing Southall & Middx. AC
289	2446	00:21:07	Steve Locking	Pudsey & Bramley AC
290	2406	00:21:28	Daniel Hedley	Morpeth Harriers & AC
291	2301	00:22:04	Nathan Stone	Herne Hill Harriers