

2010 National XC - Junior Men

Pos	RaceNo	Time	Name	Club	Pos	RaceNo	Time	Name	Club
1	3325	00:33:07	Nick Goolab	Belgrave Harriers	101	3628	00:38:07	James Wignall	Sale Harriers Manchester
2	3506	00:33:23	James Wilkinson	Leeds City AC	102	3365	00:38:08	Nathan Wardee	Bristol & West AC
3	3578	00:33:29	Ben Norris	Notts AC	103	3750	00:38:11	Jon-Philip Seymour	Wirral AC
4	3758	00:33:36	Ronnie Sparke	Woodford Green AC with Essex Ladies	104	3324	00:38:14	Peter Dolan	Belgrave Harriers
5	3306	00:34:07	Jonny Hay	Aldershot Farnham & District AC	105	3757	00:38:15	Darren Southcott	Woodford Green AC with Essex Ladies
6	3723	00:34:11	Matthew Jackson	Warrington AC	106	3384	00:38:17	Sam Densham	Charnwood AC
7	3364	00:34:13	Richard Peters	Bristol & West AC	107	3705	00:38:19	James Pigot	Tonbridge AC
8	3674	00:34:19	Matt Clowes	Staffordshire Moorlands AC	108	3373	00:38:20	John Baslington	Cambridge & Coleridge
9	3416	00:34:21	Thomas Bishop	Derby AC	109	3631	00:38:21	Danny Schofield	Scarborough AC
10	3722	00:34:26	Harry Ellis	Warrington AC	110	3575	00:38:22	Ben Russell	Norwich RR
11	3458	00:34:28	Andy Heyes	Hallamshire Harriers	111	3518	00:38:26	Danny Callow	Leicester Coritanian
12	3744	00:34:31	Alex Tovey	Windsor Slough Eton & Hounslow AC	112	3459	00:38:29	Matt Hobbs	Hallamshire Harriers
13	3567	00:34:33	Russell Best	New Marske Harriers	113	3581	00:38:30	Andrew Warburton	Notts AC
14	3721	00:34:33	Daniel Cliffe	Warrington AC	114	3709	00:38:30	Zack Cross	Vale Royal AC
15	3442	00:34:38	Ben Nagy	Enfield & Haringey AC	115	3710	00:38:33	Edd Crowther	Vale Royal AC
16	3702	00:34:38	Andrew Combs	Tonbridge AC	116	3492	00:38:33	Tom Brown	Jersey Spartans AC
17	3579	00:34:39	Blayne Pick	Notts AC	117	3390	00:38:34	William New	Cheltenham & County Harriers
18	3504	00:34:46	Carl Smith	Leeds City AC	118	3599	00:38:47	Ed Gunby	Peterborough AC
19	3345	00:34:51	Alex Bruce-Littlewood	Blackheath & Bromley Harriers	119	3527	00:38:50	Chris Woodger	Lincoln Wellington AC
20	3629	00:34:59	Ryan Worland	Sale Harriers Manchester	120	3657	00:38:50	Howard Clarke	Southend AC
21	3420	00:35:01	Luke Caldwell	Dorking & Mole Valley AC	121	3646	00:38:58	Dan Hardy	Shildon Running & AC
22	3636	00:35:04	Nial Fleming	Shaftesbury Barnet Harriers	122	3513	00:39:03	Glenn Phair	Leeds University CCC
23	3380	00:35:13	Chris Harvey	Cannock & Stafford AC	123	3553	00:39:04	Josh Elberfield	Medway & Maidstone AC
24	3659	00:35:21	Tom Frith	Southend AC	124	3381	00:39:05	Scott Baxter	Charnwood AC
25	3671	00:35:25	Matt Crehan	St.Helens Sutton AC	125	3633	00:39:07	Sagie Benaim	Shaftesbury Barnet Harriers
26	3530	00:35:29	Ricky Challinor	Liverpool Harriers & AC	126	3548	00:39:10	Chris Brown	Mansfield Harriers & AC
27	3675	00:35:31	Kyle Fowler	Staffordshire Moorlands AC	127	3565	00:39:12	James Veanue	Nene Valley Harriers
28	3725	00:35:34	Alex Dunbar	West Suffolk AC	128	3367	00:39:17	Rob Whitham	Bristol & West AC
29	3411	00:35:36	Matt Salt	Dacorum & Tring AC	129	3519	00:39:19	Elliot Hart	Leicester Coritanian
30	3691	00:35:46	Mohamud Aadan (F)	Thames Valley Harriers	130	3393	00:39:31	Samuel Cheverton	City of Norwich AC
31	3640	00:35:50	Jake Shelley	Shaftesbury Barnet Harriers	131	3622	00:39:32	Jonny Pegg	Rutland AC
32	3720	00:35:51	Stephen Broadhurst	Warrington AC	132	3412	00:39:34	Jamie Rutherford	Darlington Harriers
33	3358	00:35:51	James McCarthy	Brighton & Hove City AC	133	3672	00:39:37	Jake Healy	St.Helens Sutton AC
34	3315	00:35:53	Alex Bellew	Bedford & County AC	134	3497	00:39:41	Howard Thompson	Kingston Upon Hull AC
35	3505	00:36:00	Joe Townsend	Leeds City AC	135	3398	00:39:42	Liam Hendricken	City of Stoke AC
36	3594	00:36:02	Sam Stabler	Owls AC	136	3317	00:39:45	Peter Corp	Bedford & County AC
37	3490	00:36:02	Elliot Palmer	Ipswich Harriers	137	3557	00:39:50	Nathan Wilkins	Medway & Maidstone AC
38	3303	00:36:02	Adam Clarke	Aldershot Farnham & District AC	138	3465	00:39:51	Jonathan Johnson	Harrogate Harriers & AC
39	3332	00:36:03	Thomas Crowley	Bingley Harriers & AC	139	3377	00:39:52	Rob MacDonald	Cambridge Harriers
40	8152	00:36:03	Toby Spencer	Solihull & Small Heath AC	140	3568	00:39:54	Elliott Jackson	New Marske Harriers
41	3304	00:36:10	Alex Flynn	Aldershot Farnham & District AC	141	3520	00:39:55	Stephen Maddocks	Leicester Coritanian
42	3730	00:36:13	Phillip Bertson	Winchester & District AC	142	3388	00:39:58	Andrew Kaighin	Cheltenham & County Harriers
43	3645	00:36:14	Yasin Mohammed	Sheffield RC	143	3580	00:39:59	Paul Thompson	Notts AC
44	3701	00:36:15	Sam Bradley	Tonbridge AC	144	3431	00:40:01	Jamie Taylor-Caldwell	Ealing Southall & Middlesex AC
45	3558	00:36:16	Matthew Jones	Middlesbrough & Cleveland Harriers	145	3620	00:40:06	David Smith	Rotherham Harriers & AC
46	3310	00:36:18	Mickey Reed	Aldershot Farnham & District AC	146	3559	00:40:16	Peter McGuinness	Middlesbrough & Cleveland Harriers
47	3588	00:36:19	Danny Hallam	Owls AC	147	3425	00:40:18	Chris Hepworth	Ealing Southall & Middlesex AC
48	3487	00:36:19	John Bird	Ipswich Harriers	148	3719	00:40:24	Connor McArdle	Wallasey AC
49	3713	00:36:25	Chris Perry	Vale Royal AC	149	3546	00:40:26	Liam Barlett	Manchester Harriers & AC
50	3545	00:36:25	Daniel Woodgate	Luton AC	150	3499	00:40:27	Jamie Langley	Leamington C & AC
51	3532	00:36:27	Harry Harper	Liverpool Harriers & AC	151	3711	00:40:30	Tom Heaward	Vale Royal AC
52	3508	00:36:27	Dale Worton	Leeds City AC	152	3493	00:40:34	Thomas Sessford	Keighley & Craven AC
53	3320	00:36:28	Ryan Parker	Bedford & County AC	153	3741	00:40:41	Cameron Smart	Windsor Slough Eton & Hounslow AC
54	3549	00:36:31	Luke Marshall	Mansfield Harriers & AC	154	3529	00:40:43	Ben Brown	Liverpool Harriers & AC
55	3468	00:36:32	Alex Robinson	Hercules Wimbledon AC	155	3480	00:40:46	Thomas Grey	Houghton Harriers & AC
56	3639	00:36:34	Euan McKenzie	Shaftesbury Barnet Harriers	156	3707	00:40:47	Tom Powell	Trafford AC
57	3708	00:36:37	Andrew Clews	Vale Royal AC	157	3664	00:40:48	David Gough	Southport Waterloo AC
58	3550	00:36:37	Chad Lambert	Marshall Milton Keynes AC	158	3394	00:40:53	Thomas Crawshaw	City of Norwich AC
59	3726	00:36:40	Joe Dalglish	Westbury Harriers	159	3747	00:40:56	Andrew Gawne	Wirral AC
60	3566	00:36:47	Chris Wright	Nene Valley Harriers	160	3611	00:40:58	Adam Scott	Richmond & Zetland Harriers
61	3665	00:36:48	Joe Vis	Southport Waterloo AC	161	3376	00:40:58	Alasdair MacDonald	Cambridge Harriers
62	3706	00:36:49	James Taylor	Tonbridge AC	162	3498	00:41:01	Paul Hodgson	Lancaster & Morecambe AC
63	3451	00:36:50	Richard De-Camps	Gloucester AC	163	3540	00:41:09	Mark Boot	Long Eaton RC
64	3742	00:36:52	Nathan White	Windsor Slough Eton & Hounslow AC	164	3397	00:41:15	James Senior	City of Norwich AC

65	3755	00:36:55	Omar Mansour	Woodford Green AC with Essex Ladies	165	3301	00:41:20	Josh Arnold	Aldershot Farnham & District AC
66	3734	00:36:56	Jamie Knapp	Winchester & District AC	166	3464	00:41:36	Duncan Birtwistle	Harrogate Harriers & AC
67	3692	00:36:57	Nazwari Dawit (F)	Thames Valley Harriers	167	3387	00:41:39	Ryan Judge	Chelmsford AC
68	3399	00:37:00	Ian Lynn	City of York AC	168	3514	00:41:49	Frederick Slemeck	Leeds University CCC
69	3424	00:37:05	Sam Ashcroft	Ealing Southall & Middlesex AC	169	3609	00:41:51	Liam Fletcher	Richmond & Zetland Harriers
70	3577	00:37:08	Josh Moody	Notts AC	170	3695	00:42:01	Ali Yahye (F)	Thames Valley Harriers
71	3754	00:37:11	Gavin Lewis	Woodford Green AC with Essex Ladies	171	3522	00:42:07	Jack Cornwall	Lincoln Wellington AC
72	3521	00:37:13	Liam Phelan	Leicester Coritanian	172	3370	00:42:18	Simon Lawckham	Bromsgrove & Redditch AC
73	3753	00:37:15	Alex Cornwell	Woodford Green AC with Essex Ladies	173	3598	00:42:19	Bayah Gatluak	Peterborough AC
74	3316	00:37:16	Tom Corbett	Bedford & County AC	174	3429	00:42:34	Anthony Shaw	Ealing Southall & Middlesex AC
75	3485	00:37:18	Jason Prickett	Invicta East Kent AC	175	3313	00:42:34	Warren Uden	Ashford AC
76	3593	00:37:19	Lewis Smart	Owls AC	176	3421	00:42:47	James Dowdle	Durham City Harriers
77	3360	00:37:19	Chris Dodd	Bristol & West AC	177	3486	00:42:53	James Reilly	Invicta East Kent AC
78	3507	00:37:20	Michael Williams	Leeds City AC	178	3423	00:43:04	Jonathan Turnbull	Durham City Harriers
79	3422	00:37:24	Michael Grimes	Durham City Harriers	179	3712	00:43:10	Andy Perry	Vale Royal AC
80	3635	00:37:26	Billy Collins	Shaftesbury Barnet Harriers	180	3678	00:43:13	Jamie McInoy	Staffordshire Moorlands AC
81	3681	00:37:30	Michael Cooke	Stockport Harriers & AC	181	3694	00:43:18	Sean Pike Locke	Thames Valley Harriers
82	3318	00:37:33	Michael Goodwin	Bedford & County AC	182	3670	00:43:19	Ste Clague	St.Helens Sutton AC
83	3495	00:37:37	Jonathan Goringe	Kettering Town Harriers	183	3484	00:43:26	Nick Little	Invicta East Kent AC
84	3361	00:37:41	Sean Hazell	Bristol & West AC	184	3352	00:43:34	Craig Birch	Blyth RC
85	3414	00:37:43	Nick Wood	Dartford Harriers	185	2654	00:43:49	Greg Webb	Wreake Runners
86	3474	00:37:44	Jon Laybourne	Highgate Harriers	186	3748	00:43:53	Ross Maxwell	Wirral AC
87	3595	00:37:47	Alan Cherry	Oxford University CCC	187	3346	00:44:00	Steve Cavey	Blackheath & Bromley Harriers
88	3610	00:37:49	Douglas Roberts	Richmond & Zetland Harriers	188	3576	00:44:01	James Barker	Notts AC
89	3666	00:37:50	Patrick Vis	Southport Waterloo AC	189	3330	00:44:01	Tommy Taylor	Bexley AC
90	3308	00:37:51	Will Newnham	Aldershot Farnham & District AC	190	3309	00:44:10	George Pilling	Aldershot Farnham & District AC
91	3627	00:37:52	Jamie Roden	Sale Harriers Manchester	191	3596	00:44:29	Mark McLeod	Oxford University CCC
92	3642	00:37:52	Samuel Chambers	Sheffield RC	192	3386	00:45:14	Connor Judge	Chelmsford AC
93	3502	00:37:56	Danny Davis	Leeds City AC	193	3463	00:45:22	Matthew Driver	Harborough AC
94	3592	00:37:58	Paddy Radley	Owls AC	194	3426	00:45:25	Alex Leslie	Ealing Southall & Middlesex AC
95	3500	00:38:00	Jack Mee	Leamington C & AC	195	3509	00:45:33	Craig Aris	Leeds University CCC
96	3573	00:38:01	James Asken	Newton Aycliffe AC	196	3528	00:45:48	James Blackburn	Liverpool Harriers & AC
97	3496	00:38:02	Josh Rowe	Kingston Upon Hull AC	197	3354	00:46:04	Toma's Kohrska (F)	Boston & District AC
98	3560	00:38:04	Dale Platt	Moston District Harriers & AC	198	3510	00:46:13	Ruari Garvey	Leeds University CCC
99	3454	00:38:05	Thomas Walker	Gosforth Harriers & AC	199	3311	00:46:49	Ben Snowball	Aldershot Farnham & District AC
100	3512	00:38:06	Andrew Lauer	Leeds University CCC	200	3643	00:46:54	Jonathan Cocker	Sheffield RC

Pos	RaceNo	Time	Name	Club
201	3328	00:47:16	Luke Brown	Bexley AC
202	3326	00:49:04	Corey Arnott	Beverley AC
203	3379	00:52:20	Jamie Graham	Cannock & Stafford AC
204	3375	00:55:00	Takudzwa Gambanga	Cambridge Harriers

Pos	Points	Team Name	Placings	Pos	Points	Team Name	Placings
	1	62 Warrington AC	(6 10 14 32)	9	253 Owls AC	(36 47 76 94)	
	2	107 Leeds City AC	(2 18 35 52)	10	270 Bristol & West AC	(7 77 84 102)	
	3	130 Aldershot Farnham & District AC	(5 38 41 46)	11	335 Vale Royal AC	(49 57 114 115)	
	4	189 Shaftesbury Barnet Harriers	(22 31 56 80)	12	427 Liverpool Harriers & AC	(26 51 154 196)	
	5	203 Notts AC	(3 17 70 113)	13	448 Thames Valley Harriers	(30 67 170 181)	
	6	213 Woodford Green AC with Essex Ladies	(4 65 71 73)	14	453 Leicester Coritanian	(72 111 129 141)	
	7	229 Tonbridge AC	(16 44 62 107)	15	534 Ealing Southall & Middlesex AC	(69 144 147 174)	
	8	243 Bedford & County AC	(34 53 74 82)	16	585 Leeds University CCC	(100 122 168 195)	