

2016 National XC - Senior Men Interim

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1	0:42:09	6019	Jonathan Hay	ALDERSHOT FARNHAM & DIS	101	0:46:40	7650	Josh Davis	NORTH SOMERSET AC
2	0:42:16	8240	Adam Hickey	SOUTHEND ON SEA AC	102	0:46:40	7307	Jason Cherriman	LEEDS CITY ATHLETIC CLUB
3	0:42:53	7558	Nicholas Swinburn	MORPETH HARRIERS & AC	103	0:46:41	6755	Matt Sharp	ENFIELD AND HARINGEY A C
4	0:42:55	7062	Andy Maud	HIGHGATE HARRIERS	104	0:46:43	6053	David Norman	ALTRINCHAM & DISTRICT AC
5	0:43:14	7977	Charlie Hulson	SALE HARRIERS MANCHESTEI	105	0:46:43	8614	Stuart Doyle	VALE ROYAL AC
6	0:43:22	7562	Jonathan Taylor	MORPETH HARRIERS & AC	106	0:46:45	7540	Robert Balmbra	MORPETH HARRIERS & AC
7	0:43:31	7351	Matthew Bowser	LINCOLN WELLINGTON ATHL	107	0:46:46	7643	Andrew Leach	NORTH HERTS RRC
8	0:43:33	6096	Peter Huck	BARROW & FURNESS STRIDEI	108	0:46:47	7740	Tom Mahon	OWLS AC LEICESTER
9	0:43:37	8480	Antonio Silva	THAMES VALLEY HARRIERS	109	0:46:50	6978	Jonathan Cornish	HERCULES WIMBLEDON AC
10	0:43:39	6594	Toby Spencer	COVENTRY GODIVA HARRIER	110	0:46:53	6333	Maxwell Dumbrell	BRIGHTON & HOVE AC
11	0:43:43	7708	Alastair Watson	NOTTS AC	111	0:46:55	8073	Glenn Hughes	SERPENTINE RC
12	0:43:45	8102	Richard Horton	SHAFTESBURY BARNET HARR	112	0:46:56	6140	Luke Humphreys	BEDFORD & COUNTY AC
13	0:43:49	8103	Kojo Kyereme	SHAFTESBURY BARNET HARR	113	0:46:57	8721	Simon Millett	WINDSOR SLOUGH ETON & F
14	0:43:50	6344	William Christofi	BRISTOL AND WEST AC (EST.	114	0:46:58	6413	Christopher Perrin	CANNOCK & STAFFORD AC
15	0:43:52	6519	Alex Teuten	CITY OF PORTSMOUTH AC	115	0:46:58	7674	Matt Blunden	NOTTS AC
16	0:43:52	7539	Carl Avery	MORPETH HARRIERS & AC	116	0:46:59	7619	Jake Waldron	NEWHAM & ESSEX BEAGLES
17	0:43:58	6147	Steven Naylor	BEDFORD & COUNTY AC	117	0:46:59	6895	Andrew Challenger	HALLAMSHIRE HARRIERS SHE
18	0:44:00	7965	Matt Bond	SALE HARRIERS MANCHESTEI	118	0:47:01	7306	Michael Burrett	LEEDS CITY ATHLETIC CLUB
19	0:44:01	7988	Jamie Roden	SALE HARRIERS MANCHESTEI	119	0:47:02	7052	Shaun Dixon	HIGHGATE HARRIERS
20	0:44:04	6650	Ben Connor	DERBY ATHLETIC CLUB	120	0:47:03	6303	David Long	BOURNEMOUTH AC
21	0:44:07	6892	Steven Bayton	HALLAMSHIRE HARRIERS SHE	121	0:47:04	7007	Alan Barnes	HERNE HILL HARRIERS
22	0:44:08	6455	Graham Rush	CHELTENHAM AND COUNTY	122	0:47:05	8441	David Bishop	TEAM DERBY RUNNER
23	0:44:09	8481	Chris Smith	THAMES VALLEY HARRIERS	123	0:47:05	6452	Oliver Mott	CHELTENHAM AND COUNTY
24	0:44:10	6457	Philip Wylie	CHELTENHAM AND COUNTY	124	0:47:06	6932	Jonathan Collier	HARROW AC
25	0:44:13	7608	Rory Chesser	NEWHAM & ESSEX BEAGLES	125	0:47:07	8621	Chris Perry	VALE ROYAL AC
26	0:44:22	7234	John Gilbert	KENT AC	126	0:47:10	6471	James Baker	CHICHESTER RUNNERS & AC
27	0:44:29	7367	Daniel Cliffe	LIVERPOOL HARRIERS & AC	127	0:47:11	7077	Robert Wilson	HIGHGATE HARRIERS
28	0:44:32	7381	Tom Aldred	LONDON HEATHSIDE RUNNER	128	0:47:13	8066	John Franklin	SERPENTINE RC
29	0:44:34	6651	Luke Gunn	DERBY ATHLETIC CLUB	129	0:47:14	7257	Sam Stead	KESWICK AAC
30	0:44:35	7553	Peter Newton	MORPETH HARRIERS & AC	130	0:47:15	6264	Robert Warner	BLACKBURN HARRIERS & AC
31	0:44:36	6132	John Eves	BEDFORD & COUNTY AC	131	0:47:16	7682	Tim Hartley	NOTTS AC
32	0:44:41	7355	Shane Robinson	LINCOLN WELLINGTON ATHL	132	0:47:18	8090	Nicholas Torry	SERPENTINE RC
33	0:44:45	8370	Alexander O'Gorman	STOCKPORT HARRIERS & AC	133	0:47:19	6443	Matthew Granger	CHELMSFORD AC
34	0:44:54	6904	Bertie Houghton	HALLAMSHIRE HARRIERS SHE	134	0:47:21	6360	Joe Smith	BROMSGROVE & REDDITCH
35	0:44:55	7563	Lewis Timmins	MORPETH HARRIERS & AC	135	0:47:24	7683	Freddie Hessian	NOTTS AC
36	0:44:56	7305	Alan Buckley	LEEDS CITY ATHLETIC CLUB	136	0:47:25	7978	Daniel Kashi	SALE HARRIERS MANCHESTEI
37	0:45:00	7329	Joshua Woodcock-Shaw	LEEDS CITY ATHLETIC CLUB	137	0:47:25	6988	Frederick Slemack	HERCULES WIMBLEDON AC
38	0:45:02	7756	Joseph Selley	OXFORD UNIVERSITY AC	138	0:47:26	6655	Alex Pilcher	DERBY ATHLETIC CLUB
39	0:45:02	7696	Douglas Musson	NOTTS AC	139	0:47:27	6331	Jonathan Crickmore	BRIGHTON & HOVE AC
40	0:45:04	7564	Adrian Whitwam	MORPETH HARRIERS & AC	140	0:47:29	6381	Nicholas Martin	CAISTON RUNNING CLUB
41	0:45:04	6343	Ross Skelton	BRIGHTON PHOENIX	141	0:47:32	6913	Aidan Smith	HALLAMSHIRE HARRIERS SHE
42	0:45:05	8463	Mohamad Aadan	THAMES VALLEY HARRIERS	142	0:47:33	6143	Josh Lunn	BEDFORD & COUNTY AC
43	0:45:07	7537	Greg Jayasuriya	MIDDLESBROUGH & CLEVELA	143	0:47:34	6961	Joe Rainsford	HEANOR RUNNING CLUB
44	0:45:11	7679	Benjamin Douglas	NOTTS AC	144	0:47:36	6817	Simeon Greenwood	GATESHEAD HARRIERS & AC
45	0:45:14	7313	Dominic Easter	LEEDS CITY ATHLETIC CLUB	145	0:47:36	8078	Dave Morgan	SERPENTINE RC
46	0:45:14	7049	Peter Chambers	HIGHGATE HARRIERS	146	0:47:37	7738	Eddie Highton	OWLS AC LEICESTER
47	0:45:14	6347	Peter Legrice	BRISTOL AND WEST AC (EST.	147	0:47:38	8517	Timothy Corby	TONBRIDGE AC
48	0:45:15	7963	Matthew Barnes	SALE HARRIERS MANCHESTEI	148	0:47:39	8470	James Ellis	THAMES VALLEY HARRIERS
49	0:45:16	7705	Jonathan Thewlis	NOTTS AC	149	0:47:40	7254	Ian Davies	KESWICK AAC
50	0:45:17	6711	Daniel Jenkin	DURHAM CITY HARRIERS & A	150	0:47:41	7530	Adrian Lowther	MEDWAY AND MAIDSTONE /
51	0:45:19	7607	Dara Chesser	NEWHAM & ESSEX BEAGLES	151	0:47:42	7780	Jamie Grose	POOLE AC
52	0:45:19	7441	Christopher Perham	LOUGHBOROUGH STUDENTS	152	0:47:42	6136	Michael Harrison	BEDFORD & COUNTY AC
53	0:45:19	8068	Andrew Greenleaf	SERPENTINE RC	153	0:47:43	8408	Peter Mills	STRIDERS OF CROYDON
54	0:45:21	7068	Christopher Rainsford	HIGHGATE HARRIERS	154	0:47:44	8101	Matthew Grant	SHAFTESBURY BARNET HARR
55	0:45:23	6287	James Douglas	BORDER HARRIERS & AC	155	0:47:47	7925	Elliott Smales	ROTHERHAM HARRIERS AND
56	0:45:25	7071	Danny Russell	HIGHGATE HARRIERS	156	0:47:48	6138	James Hoad	BEDFORD & COUNTY AC
57	0:45:27	7075	Murray Strain	HIGHGATE HARRIERS	157	0:47:49	8778	Angus Holford	WOODFORD GREEN AC WITH
58	0:45:30	7551	Ian Hudspith	MORPETH HARRIERS & AC	158	0:47:51	7134	Dean Heneghan	HORSHAM JOGGERS
59	0:45:32	7255	Steve Hebblethwaite	KESWICK AAC	159	0:47:52	8250	Joseph Vis	SOUTHPORT WATERLOO AC
60	0:45:44	6329	Howard Bristow	BRIGHTON & HOVE AC	160	0:47:53	7352	Richard Brown	LINCOLN WELLINGTON ATHL
61	0:45:46	8518	Thomas Cox	TONBRIDGE AC	161	0:47:54	7330	Chris Jordan	LEICESTER CORITANIAN AC
62	0:45:50	8108	William Ryle-Hodges	SHAFTESBURY BARNET HARR	162	0:47:54	7098	Robert Thompson	HILLINGDON AC
63	0:45:51	6907	Robert Little	HALLAMSHIRE HARRIERS SHE	163	0:47:55	7322	Adam Osborne	LEEDS CITY ATHLETIC CLUB
64	0:45:52	6348	Jarlath McKenna	BRISTOL AND WEST AC (EST.	164	0:47:56	6339	James McCarthy	BRIGHTON PHOENIX
65	0:45:54	6871	John Sanderson	GUILDFORD & GODALMING /	165	0:47:56	8096	Phillip Crout	SHAFTESBURY BARNET HARR
66	0:45:56	8724	Alexander Tovey	WINDSOR SLOUGH ETON & F	166	0:47:56	6989	Ben Toomer	HERCULES WIMBLEDON AC
67	0:45:57	7755	Luuk Metselaar	OXFORD UNIVERSITY AC	167	0:47:57	7500	Alan Corlett	MANX HARRIERS
68	0:45:59	8006	Carl Hardman	SALFORD HARRIERS & AC	168	0:48:02	7311	Alexander Davy	LEEDS CITY ATHLETIC CLUB
69	0:45:59	6480	Christopher Zablocki	CHICHESTER RUNNERS & AC	169	0:48:04	7237	Ben Harding	KENT AC
70	0:46:01	7357	Joshua Stone	LINCOLN WELLINGTON ATHL	170	0:48:04	8457	James Chettle	THAMES HARE & HOUNDS
71	0:46:01	7519	Steve Tuttle	MARSHALL MILTON KEYNES /	171	0:48:08	6428	Mark Couldwell	CHARNWOOD A C
72	0:46:02	8824	Kim Critchley	YORK KNAVESMIRE HARRIER	172	0:48:10	6141	Andrew Inskip	BEDFORD & COUNTY AC
73	0:46:03	6342	Jon Pepper	BRIGHTON PHOENIX	173	0:48:12	6902	Matthew Hobbs	HALLAMSHIRE HARRIERS SHE
74	0:46:04	8083	Jonathan Poole	SERPENTINE RC	174	0:48:13	6586	Scott Hazell	COVENTRY GODIVA HARRIER
75	0:46:04	6649	Joshua Bull	DERBY ATHLETIC CLUB	175	0:48:14	7616	Niall Sheehan	NEWHAM & ESSEX BEAGLES
76	0:46:05	6889	Dave Archer	HALLAMSHIRE HARRIERS SHE	176	0:48:16	7677	Tom Crowley	NOTTS AC
77	0:46:06	8515	Ben Cole	TONBRIDGE AC	177	0:48:18	7549	Sam Hancox	MORPETH HARRIERS & AC
78	0:46:07	8491	Mike Aspinall	TIPTON HARRIERS	178	0:48:19	6023	Alex Pointon	ALDERSHOT FARNHAM & DIS
79	0:46:08	7690	Ben Livesey	NOTTS AC	179	0:48:20	6137	Richard Henderson	BEDFORD & COUNTY AC
80	0:46:09	8681	Robert Danson	WESHAM ROAD RUNNERS &	180	0:48:21	6432	Tom Lupton	CHARNWOOD A C
81	0:46:11	7227	Russell Bentley	KENT AC	181	0:48:23	6383	Oliver Park	CAMBRIDGE & COLERIDGE A
82	0:46:12	6438	Howard Thompson	CHARNWOOD A C	182	0:48:24	6933	Jim Cooper	HARROW AC
83	0:46:12	8780	Tom Phillips	WOODFORD GREEN AC WITH	183	0:48:28	8482	Chris Thomas	THAMES VALLEY HARRIERS
84	0:46:13	8772	Tom Beedell	WOODFORD GREEN AC WITH	184	0:48:31	6142	Matthew Janes	BEDFORD & COUNTY AC
85	0:46:17	7687	Rob Keal	NOTTS AC	185	0:48:31	6163	Zekeriyas Abery	BELGRAVE HARRIERS
86	0:46:19	7546	Ross Floyd	MORPETH HARRIERS & AC	186	0:48:32	7209	Phillip Gould	KENILWORTH RUNNERS
87	0:46:21	6525	Sebastian Duffy	CITY OF STOKE AC	187	0:48:35	7996	Alan White	SALE HARRIERS MANCHESTEI
88	0:46:23	7248	Neil Phillips	KENT AC	188	0:48:37	7251	James Savage	KENT AC
89	0:46:27	7215	Patrick Roddy	KENILWORTH RUNNERS	189	0:48:38	6890	Tom Bains	HALLAMSHIRE HARRIERS SHE
90	0:46:28	6337	Josh Guilmant	BRIGHTON PHOENIX	190	0:48:38	7012	Jeff Cunningham	HERNE HILL HARRIERS
91	0:46:29	8109	Daniel Watts	SHAFTESBURY BARNET HARR	191	0:48:39	8242	Oliver Kyriakides	SOUTHEND ON SEA AC
92	0:46:30	6177	Paskar Owor	BELGRAVE HARRIERS	192	0:48:39	6515	James Senior	CITY OF NORWICH AC
93	0:46:31	7323	Michael Salter	LEEDS CITY ATHLETIC CLUB	193	0:48:39	7797	Jamie Parkinson	PUDESEY & BRAMLEY AC
94	0:46:33	8601	Tommy Horton	UNIVERSITY OF SHEFFIELD U	194	0:48:40	6214	Ben Marriott	BINGLEY HARRIERS & AC
95	0:46:34	6394	Danny Kendall	CAMBRIDGE HARRIERS	195	0:48:41	8005	Ian Grime	SALFORD HARRIERS & AC
96	0:46:36	6592	Alistair Smith	COVENTRY GODIVA HARRIER	196	0:48:41	7054	Peter Hawkings	HIGHGATE HARRIERS
97	0:46:36	8523	Alex Howard	TONBRIDGE AC	197	0:48:41	8511	Dominic Brown	TONBRIDGE AC
98	0:46:37	6530	David Sheldon	CITY OF STOKE AC	198	0:48:42	8787	Harold Wyber	WOODFORD GREEN AC WITH
99	0:46:38	6820	Daniel Johnson	GATESHEAD HARRIERS & AC	199	0:48:42	7734	Thomas Bell	OWLS AC LEICESTER
100	0:46:38	7985	Gareth Raven	SALE HARRIERS MANCHESTEI	200	0:48:43	7078	Abdishakur Abdulle	HILLINGDON AC

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Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
201	0:48:44	6289	Robert Hodgson	BORDER HARRIERS & AC	301	0:50:26	6153	Samuel Wallbank	BEDFORD & COUNTY AC
202	0:48:44	8528	Harry Paton	TONBRIDGE AC	302	0:50:26	7232	Calum Fraser	KENT AC
203	0:48:46	7948	Robert Male	RUGBY & NORTHAMPTON AC	303	0:50:27	6731	Kevin Jowett	EAST CHESHIRE HARRIERS & T
204	0:48:47	6266	Danny Brewer	BLACKHEATH AND BROMLEY	304	0:50:27	7442	Adam Dalton	LOUTH AC
205	0:48:47	7372	Laurie Luscombe	LIVERPOOL HARRIERS & AC	305	0:50:27	8069	Xavier Gruot	SERPENTINE RC
206	0:48:48	7058	Jonathan Laybourn	HIGHGATE HARRIERS	306	0:50:28	6531	Louis Wrigley	CITY OF STOKE AC
207	0:48:49	6990	Joe Toomey	HERCULES WIMBLEDON AC	307	0:50:29	8057	Jonathan Bradford	SERPENTINE RC
208	0:48:52	8224	Ben Brewster	SOUTHAMPTON ATHLETIC CL	308	0:50:30	7644	Mark Vaughan	NORTH HERTS RRC
209	0:48:53	8299	Oliver Poulain	ST ALBANS STRIDERS	309	0:50:30	7366	Ash Chambers	LIVERPOOL HARRIERS & AC
210	0:48:54	7710	Matthew Williams	NOTTS AC	310	0:50:30	6574	Luke Montgomery	CORBY AC
211	0:48:54	8509	Daniel Bradley	TONBRIDGE AC	311	0:50:31	7842	Robert Tan	READING AC
212	0:48:55	6903	Peter Hodges	HALLAMSHIRE HARRIERS SHE	312	0:50:31	8093	Nathan Wilkins	SERPENTINE RC
213	0:48:56	6456	Andrew Van Kints	CHELTENHAM AND COUNTY I	313	0:50:32	7010	Simon Coombes	HERNE HILL HARRIERS
214	0:48:58	7019	John Kettle	HERNE HILL HARRIERS	314	0:50:33	6405	Edmund Gazeley	CAMBRIDGE UNIVERSITY HAI
215	0:48:59	7273	Gregan Clarkson	KINGSTON UPON HULL AC	315	0:50:35	6962	Shane Rice	HEANOR RUNNING CLUB
216	0:49:00	6265	Ross Braden	BLACKHEATH AND BROMLEY	316	0:50:36	7050	Tom Christopher	HIGHGATE HARRIERS
217	0:49:02	7317	Martin Hilton	LEEDS CITY ATHLETIC CLUB	317	0:50:37	6014	William Davies	ALDERSHOT FARNHAM & DIS
218	0:49:02	6240	Tom Powell	BIRMINGHAM RUNNING ATH-	318	0:50:40	7692	Chris McGurk	NOTTS AC
219	0:49:03	8512	Jamie Bryant	TONBRIDGE AC	319	0:50:40	7014	Sean Fitzpatrick	HERNE HILL HARRIERS
220	0:49:04	7229	James Bowler	KENT AC	320	0:50:41	8672	Mariusz Iwaniec	WELLINGBOROUGH & DISTRI
221	0:49:06	8233	Richard Waldron	SOUTHAMPTON ATHLETIC CL	321	0:50:43	6894	John Birch	HALLAMSHIRE HARRIERS SHE
222	0:49:06	8786	Daniel William Steel	WOODFORD GREEN AC WITH	322	0:50:43	7987	David Rich	SALE HARRIERS MANCHESTEI
223	0:49:08	8453	Paul Ward	TELFORD AC	323	0:50:43	6321	Paul Thompson	BOURNVILLE HARRIERS
224	0:49:09	8516	Greg Cole	TONBRIDGE AC	324	0:50:43	7316	Leon Foster	LEEDS CITY ATHLETIC CLUB
225	0:49:10	7238	Owen Hind	KENT AC	325	0:50:44	8054	Simon Barrett	SERPENTINE RC
226	0:49:10	8460	Matthew Jones	THAMES HARE & HOUNDS	326	0:50:45	6570	Troy Garrity	CORBY AC
227	0:49:11	6916	Andrew Thake	HALLAMSHIRE HARRIERS SHE	327	0:50:45	7824	Peter Haarer	RANELAGH HARRIERS
228	0:49:12	6715	Jonathan Wilkinson	DURHAM CITY HARRIERS & A	328	0:50:47	6987	Matthew Sharp	HERCULES WIMBLEDON AC
229	0:49:13	7264	Arron Larkin		329	0:50:48	7511	Christopher Hearn	MARSHALL MILTON KEYNES J
230	0:49:13	6448	Richard De-Camps	CHELTENHAM AND COUNTY I	330	0:50:49	8715	Graham Breen	WINDSOR SLOUGH ETON & F
231	0:49:13	6291	Ross London	BORDER HARRIERS & AC	331	0:50:50	6970	Lucas Longman	HEATON HARRIERS & AC
232	0:49:16	6166	Nick Bundle	BELGRAVE HARRIERS	332	0:50:50	8049	James Oldfield	EDGEFIELD HARRIERS
233	0:49:19	8490	Alec Finch	THURROCK HARRIERS	333	0:50:51	6032	Robert Wakefield	ALDERSHOT FARNHAM & DIS
234	0:49:19	7695	John Muddeman	NOTTS AC	334	0:50:51	6306	Christopher Collins	BOURNVILLE HARRIERS
235	0:49:22	7900	Phillip Williams	ROCHDALE HARRIERS & AC	335	0:50:52	6271	Daniel Kennedy	BLACKHEATH AND BROMLEY
236	0:49:23	6569	Chris Curtis	CORBY AC	336	0:50:53	7390	Kimon Doulis	LONDON HEATHSIDE RUNNE
237	0:49:24	7072	Dominic Smith	HIGHGATE HARRIERS	337	0:50:53	6472	Martin Barwood	CHICHESTER RUNNERS & AC
238	0:49:26	8008	Philip Leybourne	SALFORD HARRIERS & AC	338	0:50:55	7982	Stephen McCarron	SALE HARRIERS MANCHESTEI
239	0:49:28	8771	Simon Beedell	WOODFORD GREEN AC WITH	339	0:50:56	8620	Ryan Moore	VALE ROYAL AC
240	0:49:28	7241	Peter Lighting	KENT AC	340	0:50:56	6840	Matthew Emery	GRANTHAM AC
241	0:49:29	6891	Nicholas Barber	HALLAMSHIRE HARRIERS SHE	341	0:50:57	6937	Sean Ledger	HARROW AC
242	0:49:31	6985	Alex Robinson	HERCULES WIMBLEDON AC	342	0:50:57	7913	Sam Clegg	ROTHERHAM HARRIERS AND
243	0:49:33	6905	Tom Jenkins	HALLAMSHIRE HARRIERS SHE	343	0:50:57	8784	Tony Russell	WOODFORD GREEN AC WITH
244	0:49:35	8584	James Dunce	TYNE BRIDGE HARRIERS	344	0:50:58	8104	Ashok Mathur	SHAFTESBURY BARNET HARR
245	0:49:38	8492	Shaun Barnsley	TIPTON HARRIERS	345	0:50:59	8583	Finn Brodie	TYNE BRIDGE HARRIERS
246	0:49:38	8524	Jack Keywood	TONBRIDGE AC	346	0:51:00	6935	Matthew Judson	HARROW AC
247	0:49:38	6336	James Turner	BRIGHTON & HOVE AC	347	0:51:02	6814	Mark Crabtree	GADE VALLEY HARRIERS
248	0:49:41	7531	Mark Wilkins	MEDWAY AND MAIDSTONE F	348	0:51:03	6276	Peter Tucker	BLACKHEATH AND BROMLEY
249	0:49:41	7969	Chris Donnelly	SALE HARRIERS MANCHESTEI	349	0:51:03	7025	Matthew Munro	HERNE HILL HARRIERS
250	0:49:42	7503	Michael Garrett	MANX HARRIERS	350	0:51:05	7220	Tim Alexander	KENT AC
251	0:49:42	6433	Stephen Mears	CHARNWOOD A C	351	0:51:05	6993	Matt Adcock	HERMITAGE HARRIERS
252	0:49:43	7555	Jordan Scott	MORPETH HARRIERS & AC	352	0:51:06	6427	Gary Burnett	CHARNWOOD A C
253	0:49:43	7088	James Laing	HILLINGDON AC	353	0:51:08	8013	Billy McCartney	SALFORD HARRIERS & AC
254	0:49:45	6972	Ian Robinson	HEATON HARRIERS & AC	354	0:51:08	7250	Philip Sanders	KENT AC
255	0:49:46	6450	Marc Fallows	CHELTENHAM AND COUNTY I	355	0:51:09	7863	Ryan Harris	REIGATE PRIORY AC
256	0:49:46	6282	Gary Wallace	BLACKHILL BOUNDERS	356	0:51:12	8231	James Smith	SOUTHAMPTON ATHLETIC CL
257	0:49:47	6513	Oliver Maskell	CITY OF NORWICH AC	357	0:51:14	6054	Jon Powell	ALTRINCHAM & DISTRICT AC
258	0:49:48	8831	Chris Roberts	YORK KNAVESMIRE HARRIER	358	0:51:15	8554	Jeff Prest	TRAFFORD ATHLETIC CLUB
259	0:49:48	7606	Wayne Bell	NEWHAM & ESSEX BEAGLES	359	0:51:15	6392	Stephen Hodges	CAMBRIDGE HARRIERS
260	0:49:50	7924	Gareth Sampson	ROTHERHAM HARRIERS AND	360	0:51:15	6244	Adrian Bailes	BIRTLEY AC
261	0:49:51	6927	Chris Miller	HARROGATE HARRIERS & AC	361	0:51:15	6437	Peter Swaine	CHARNWOOD A C
262	0:49:51	6230	Edward Banks	BIRMINGHAM RUNNING ATH-	362	0:51:16	7335	Dave Smith	LEIGH HARRIERS & AC
263	0:49:53	6384	Richard Park	CAMBRIDGE & COLERIDGE AI	363	0:51:17	8547	Daniel Ansell	TRAFFORD ATHLETIC CLUB
264	0:49:54	7516	Liam Smith	MARSHALL MILTON KEYNES J	364	0:51:17	6800	Leon Rumble	FORMULA ONE CIRCUIT CREV
265	0:49:54	6357	Simon Lanczkham	BROMSGROVE & REDDITCH	365	0:51:18	6253	Kieran Reay	BIRTLEY AC
266	0:49:55	8738	Phillip Robertson	WIRRAL AC	366	0:51:20	6707	Robert Eaton	DURHAM CITY HARRIERS & A
267	0:49:57	7395	Charles Hardy	LONDON HEATHSIDE RUNNEI	367	0:51:20	7966	Alex Bradford	SALE HARRIERS MANCHESTEI
268	0:49:59	7047	Robel Bahelbi	HIGHGATE HARRIERS	368	0:51:21	6964	Gordon Smith	HEANOR RUNNING CLUB
269	0:50:00	6712	Robin Linten	DURHAM CITY HARRIERS & A	369	0:51:22	6534	Tobias Fletcher	CITY OF YORK AC
270	0:50:00	7274	Oliver Newton	KINGSTON UPON HULL AC	370	0:51:22	6178	Nick Smallwood	BELGRAVE HARRIERS
271	0:50:00	6893	Ben Beattie	HALLAMSHIRE HARRIERS SHE	371	0:51:23	6906	Gavin Keight	HALLAMSHIRE HARRIERS SHE
272	0:50:01	7478	Mark Walker	MACCLESFIELD HARRIERS & J	372	0:51:25	7802	Michael Joyeux	QUAKERS RUNNING CLUB
273	0:50:01	7211	Kevin Hope	KENILWORTH RUNNERS	373	0:51:29	6376	Sol Clark	BUXTON & DISTRICT AC
274	0:50:02	7226	Stuart Beaney	KENT AC	374	0:51:31	7746	Craig Twig	OWLS AC LEICESTER
275	0:50:03	8552	Simon O'Meara	TRAFFORD ATHLETIC CLUB	375	0:51:32	6350	Gary Standinger	BRISTOL AND WEST AC (EST.
276	0:50:03	7691	Steve Long	NOTTS AC	376	0:51:33	7399	David Hellard	LONDON HEATHSIDE RUNNEI
277	0:50:04	6559	Gareth Lowe	CLOWNE ROAD RUNNERS CLI	377	0:51:34	8237	Rhys Gillard	SOUTHEND ON SEA AC
278	0:50:04	7742	Tom Meakin	OWLS AC LEICESTER	378	0:51:34	8597	Eliot Ball	UNIVERSITY OF LEICESTER RU
279	0:50:04	7384	Andy Barnes	LONDON HEATHSIDE RUNNEI	379	0:51:35	8628	Daryl Hibberd	VALLEY STRIDERS AC
280	0:50:04	7079	Martin Bateman	HILLINGDON AC	380	0:51:36	7736	Scott Green	OWLS AC LEICESTER
281	0:50:05	6737	Richard Buckle	EAST HULL HARRIERS & AC	381	0:51:37	7936	Thomas Chew	ROYAL SUTTON COLDFIELD A
282	0:50:06	8497	Christopher Gillespie	TIPTON HARRIERS	382	0:51:39	8631	Simon Midwood	VALLEY STRIDERS AC
283	0:50:06	6010	Thomas Bowerman	ALDERSHOT FARNHAM & DIS	383	0:51:42	6618	David White	CROYDON HARRIERS
284	0:50:06	8423	Steven McMahon	SUNDERLAND HARRIERS & AI	384	0:51:43	8445	Duncan Birtwistle	TELFORD AC
285	0:50:07	8119	Joe Fowler	SHEFFIELD RC	385	0:51:44	6734	Scott Matthews	EAST CHESHIRE HARRIERS & T
286	0:50:07	6269	Alex Gibbins	BLACKHEATH AND BROMLEY	386	0:51:46	6754	John Scott	NEWQUAY & PAR AC
287	0:50:09	8182	Iain Bailey	SLEAFORD STRIDERS AC	387	0:51:46	7678	Richard Darling	NOTTS AC
288	0:50:11	7600	Stephen Ratcliffe	NEWCASTLE STAFFS AC	388	0:51:47	7135	Daniel Pettitt	HORSHAM JOGGERS
289	0:50:13	6920	Sean Fenwick	HARBOROUGH AC	389	0:51:49	8152	Gabriel Morris	SHREWSBURY AC
290	0:50:16	8225	Max Costley	SOUTHAMPTON ATHLETIC CL	390	0:51:51	7920	Philip Hoole	ROTHERHAM HARRIERS AND
291	0:50:16	6527	Thomas Hendricken	CITY OF STOKE AC	391	0:51:53	7902	Robin Carter	ROLLS ROYCE HARRIERS
292	0:50:16	6860	Ben Evans	GUILDFORD & GODALMING J	392	0:51:53	6946	Paul Wilson	HARTLEPOOL BURN ROAD HA
293	0:50:17	6277	George Vacharopoulos	BLACKHEATH AND BROMLEY	393	0:51:53	8067	James Gillanders	SERPENTINE RC
294	0:50:18	6509	Spencer Goodall	CITY OF NORWICH AC	394	0:51:56	7059	Laurent Liote	HIGHGATE HARRIERS
295	0:50:19	7314	Thomas Edwards	LEEDS CITY ATHLETIC CLUB	395	0:51:56	8606	David Maisey	VALE OF AYLESBURY AC
296	0:50:21	7741	Chris McMillan	OWLS AC LEICESTER	396	0:51:56	6243	Jonathan Undy	BIRMINGHAM RUNNING ATH-
297	0:50:21	6908	Zak Mellard	HALLAMSHIRE HARRIERS SHE	397	0:51:57	6050	Ryan Ganose	ALTRINCHAM & DISTRICT AC
298	0:50:23	8548	Peter Bains	TRAFFORD ATHLETIC CLUB	398	0:51:59	7343	Thomas Inchley	LEIGHTON BUZZARD ATHLETI
299	0:50:24	6415	Phil Wolfe	CANNOCK & STAFFORD AC	399	0:52:01	7425	George Stewart	LONDON HEATHSIDE RUNNEI
300	0:50:26	6685	Ben Foster	DUDLEY KINGSWINFORD RC	400	0:52:01	8521	Simon Fraser	TONBRIDGE AC

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Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
401	0:52:02	6627	Jamie Rutherford	DARLINGTON H & AC	501	0:53:38	8338	David Bethell	STAFFS MOORLANDS AC
402	0:52:03	6877	Mark Hadley	HALESOWEN AC	502	0:53:38	8136	Sam Peach	SHELTON STRIDERS
403	0:52:04	6119	Steven Gibson	BEAUMONT RC	503	0:53:38	7340	Benjamin Corfield	LEIGHTON BUZZARD ATHLETI
404	0:52:04	7053	Peter Downie	HIGHGATE HARRIERS	504	0:53:39	6278	Jonathan Vintner	BLACKHEATH AND BROMLEY
405	0:52:05	7115	Anthony Meenaghan	HOLME PIERREPONT RC	505	0:53:39	6708	Andrew Graham	DURHAM CITY HARRIERS & A
406	0:52:06	8160	Chris Wood	SILSON JOGGERS AC	506	0:53:39	8654	Connor McArdle	WALLASEY ATHLETIC CLUB
407	0:52:08	7603	Tim Twentyman	NEWCASTLE STAFFS AC	507	0:53:40	6875	Ally Botfield	HALESOWEN AC
408	0:52:09	7793	Richard Smith	PRESTON HARRIERS	508	0:53:40	6704	Charles Lound	DULWICH RUNNERS AC
409	0:52:10	7538	Chris Rumsey	MIDDLESBROUGH & CLEVELA	509	0:53:40	6127	Alexander Bellew	BEDFORD & COUNTY AC
410	0:52:12	6026	James Quinlan	ALDRSHOT FARNHAM & DIS	510	0:53:41	7201	Paul Andrew	KENILWORTH RUNNERS
411	0:52:12	7345	William Mead	LEIGHTON BUZZARD ATHLETI	511	0:53:41	8424	Paul Merrison	SUNDERLAND HARRIERS & AI
412	0:52:14	8834	Nick Dennis	LONG EATON RUNNING CLUE	512	0:53:42	7026	Keith Newton	HERNE HILL HARRIERS
413	0:52:14	8337	Matthew Connelly-Smith	STAFFORD TRIATHLON CLUB	513	0:53:42	7455	Roger Sillito	LOW FELL RC
414	0:52:14	8218	David Wakefield (snr)	SOUTH SHIELDS HARRIERS &	514	0:53:44	7517	Ross Threlfall	MARSHALL MILTON KEYNES J
415	0:52:15	6349	Andy Salmon	BRISTOL AND WEST AC (EST.	515	0:53:45	8353	Benjamin Lewis Jones	STEEL CITY STRIDERS RC
416	0:52:15	6412	Craig Pearson	CANNOCK & STAFFORD AC	516	0:53:45	6487	James Ashford	CHORLTON RUNNERS
417	0:52:17	6502	Thomas McKee	CITY OF HULL AC	517	0:53:46	6367	Swee-leng Chauh	BURTON AC
418	0:52:18	8748	Gareth Briggs	WOLVERHAMPTON & BILSTO	518	0:53:47	6872	Adam Stirr	GUILDFORD & GODALMING J
419	0:52:19	6139	Steve Horton	BEDFORD & COUNTY AC	519	0:53:47	8367	James Corden	STOCKPORT HARRIERS & AC
420	0:52:20	8144	Matt Hall	SHREWSBURY AC	520	0:53:49	8641	Stephen Tilford	WAKEFIELD DISTRICT H & AC
421	0:52:21	8080	Andrew Orr	SERPENTINE RC	521	0:53:50	8107	Robert Rigby	SHAFTESBURY BARNET HARR
422	0:52:22	8592	Paul Turnbull	TYNE BRIDGE HARRIERS	522	0:53:51	8025	Robert Brooks	SALTWELL HARRIERS
423	0:52:22	8418	Michael Edwards	SUNDERLAND HARRIERS & AI	523	0:53:51	7929	Ross Blackburn	ROTHWELL & DISTRICT HARR
424	0:52:23	7224	Lawrence Avery	KENT AC	524	0:53:51	6440	Tom Whitmore	CHARNWOOD A C
425	0:52:23	7545	Mark Cockburn	MORPETH HARRIERS & AC	525	0:53:52	7244	Richard Mathie	KENT AC
426	0:52:23	8538	James Taylor	TONBRIDGE AC	526	0:53:52	7162	Anthony Aimon	HYDE PARK HARRIERS
427	0:52:24	7213	Matthew Kingston-Lee	KENILWORTH RUNNERS	527	0:53:53	6106	Andy Simpson	BARROW RUNNERS
428	0:52:24	8793	David Price	WORCESTER AC	528	0:53:53	6885	David Turvey	HALESOWEN AC
429	0:52:25	8590	David Moir	TYNE BRIDGE HARRIERS	529	0:53:53	6346	Anthony Hall	BRISTOL AND WEST AC (EST.
430	0:52:25	7431	Mark Boot	LONG EATON RUNNING CLUE	530	0:53:55	7757	Joel Spratt	OXFORD UNIVERSITY AC
431	0:52:25	7433	Greg Cherry	LONG EATON RUNNING CLUE	531	0:53:56	7117	Graham Moffatt	HOLME PIERREPONT RC
432	0:52:25	8493	Dean Bate	TIPTON HARRIERS	532	0:53:58	7392	John Flahive	LONDON HEATHSIDE RUNNEI
433	0:52:26	7412	Daniel McKeown	LONDON HEATHSIDE RUNNEI	533	0:53:58	6646	Ross McClelland	DENBY DALE TRAVELLERS
434	0:52:26	8781	Bertie Ewling	WOODFORD GREEN AC WITH	534	0:53:59	8734	Mark Hulmston	WIRRAL AC
435	0:52:26	8626	Paul Fotherby	VALLEY STRIDERS AC	535	0:53:59	7097	Daniel Thompson	HILLINGDON AC
436	0:52:28	7252	Daniel Stauber	KENT AC	536	0:54:00	7904	Chris Clarke	ROLLS ROYCE HARRIERS
437	0:52:28	8088	Benjamin Tolputt	SERPENTINE RC	537	0:54:02	7949	Brendan Moen	RUGBY & NORTHAMPTON AC
438	0:52:29	8500	Tom Holden	TIPTON HARRIERS	538	0:54:02	6314	Matthew Pollard	BOURNVILLE HARRIERS
439	0:52:30	7588	Phil Marshall	NEWBURY AC	539	0:54:03	8695	Olivier Jougla	WESTBURY HARRIERS
440	0:52:31	6506	Stephen Balfe	CITY OF NORWICH AC	540	0:54:03	7926	Ian Whyman	ROTHERHAM HARRIERS AND
441	0:52:31	7758	Tom Briggs	PACTRAC	541	0:54:04	8534	Graeme Saker	TONBRIDGE AC
442	0:52:33	7259	Kevin Doyle	KIMBERWORTH STRIDERS	542	0:54:05	6804	Thomas Daley	FULHAM RUNNING CLUB
443	0:52:33	8147	James Hickinbottom	SHREWSBURY AC	543	0:54:08	7733	Simon Allen	OWLS AC LEICESTER
444	0:52:34	8244	Lee Taylor	SOUTHEND ON SEA AC	544	0:54:13	6097	Daniel Butcher	BARROW RUNNERS
445	0:52:36	7082	Edward Campbell	HILLINGDON AC	545	0:54:13	7383	Peter Bakewell	LONDON HEATHSIDE RUNNEI
446	0:52:38	7614	Bruce Raeside	NEWHAM & ESSEX BEAGLES J	546	0:54:14	6055	Steven Renny	ALTRINCHAM & DISTRICT AC
447	0:52:39	8694	Alex Hamblin	WESTBURY HARRIERS	547	0:54:15	7946	Joseph Lantsbery	RUGBY & NORTHAMPTON AC
448	0:52:40	8358	David Palmer	STEEL CITY STRIDERS RC	548	0:54:16	8140	Luke Butler	SHREWSBURY AC
449	0:52:42	8043	Robert Robertson	SCARBOROUGH ATHLETIC CL	549	0:54:17	7515	Mark Palser	MARSHALL MILTON KEYNES J
450	0:52:42	8774	Louis Albert Clark	WOODFORD GREEN AC WITH	550	0:54:18	6414	James Perrin	CANNOCK & STAFFORD AC
451	0:52:44	6562	Jordan Street	CLOWNE ROAD RUNNERS CLI	551	0:54:18	7639	John Sanderson	NORTH DERBYSHIRE RC
452	0:52:45	7031	Simon Thompson	HERNE HILL HARRIERS	552	0:54:21	7199	Robbie Ingham	KENDAL AMATEUR ATHLETIC
453	0:52:46	6763	Paul Boddey	ETON MANOR AC	553	0:54:22	6633	Jason Browne	DARTFORD HARRIERS AC
454	0:52:48	8728	David Brockway	WIRRAL AC	554	0:54:22	6298	Matthew Grace	BOURNE TOWN HARRIERS
455	0:52:49	8139	James Walker	SHELTON STRIDERS	555	0:54:23	7512	Stephen Herring	MARSHALL MILTON KEYNES J
456	0:52:51	6632	Chris Biddle	DARTFORD HARRIERS AC	556	0:54:23	7382	Steve Armstrong	LONDON HEATHSIDE RUNNEI
457	0:52:52	7841	Edward Stockdale	READING AC	557	0:54:23	7175	Ian Hunter	ILKESTON RUNNING CLUB
458	0:52:54	7084	Simon Connell	HILLINGDON AC	558	0:54:24	6111	Martin Broderick	BASINGSTOKE & MID HANTS
459	0:52:55	6301	Jonathan Palmer	BOURNE TOWN HARRIERS	559	0:54:25	7628	Tim Clayton	NORTH DERBYSHIRE RC
460	0:52:56	6635	Sam Dowler	DARTFORD HARRIERS AC	560	0:54:25	6396	James MacDonald	CAMBRIDGE HARRIERS
461	0:52:56	6408	Nigel Haycock	CANNOCK & STAFFORD AC	561	0:54:26	8829	Richard Lowson	YORK KNAVESMIRE HARRIER
462	0:52:57	7640	Paul Sorrell	NORTH DERBYSHIRE RC	562	0:54:29	8705	Mark Morgan-Hillam	WIGAN & DISTRICT H & AC
463	0:52:57	6168	William Cockerell	BELGRAVE HARRIERS	563	0:54:30	6041	Michael Bridgeland	CHELMSFORD AC
464	0:52:58	8450	Rob Nash	TELFORD AC	564	0:54:31	6345	Imanol Flamarique	BRISTOL AND WEST AC (EST.
465	0:52:59	6107	Gavin Smith	BARROW RUNNERS	565	0:54:31	7400	Jonathan Hopkin	LONDON HEATHSIDE RUNNEI
466	0:53:00	8669	Stephen Norris	WATFORD JOGGERS	566	0:54:33	6886	Mark Gaughan	HALIFAX HARRIERS & AC
467	0:53:01	7270	Tim Livesley	KINGS HEATH RC - THE LIONS	567	0:54:33	8591	Douglas Tickner	TYNE BRIDGE HARRIERS
468	0:53:02	7247	Thomas Muddiman	KENT AC	568	0:54:34	8599	Christopher Parkes- Bowen	UNIVERSITY OF LEICESTER RU
469	0:53:02	7989	Paul Rowley	SALE HARRIERS MANCHESTEI	569	0:54:34	8046	Justin Cox	EDGEFIELD HARRIERS
470	0:53:03	6593	Harvey Speed	COVENTRY GODIVA HARRIER	570	0:54:34	8649	Michael Green	WALLASEY ATHLETIC CLUB
471	0:53:04	6103	Jack Peasgood	BARROW RUNNERS	571	0:54:37	8640	Andrew Cartwright	WAKEFIELD DISTRICT H & AC
472	0:53:06	6792	David Weekes	FOLKESTONE RC	572	0:54:38	8576	Ed Wilson	TRENTHAM RC
473	0:53:08	6524	Callum Dillon	CITY OF STOKE AC	573	0:54:39	6581	Aaron Bodycote	COVENTRY GODIVA HARRIER
474	0:53:08	6049	Ian Fisher	ALTRINCHAM & DISTRICT AC	574	0:54:39	6870	Rajiv Ratan	GUILDFORD & GODALMING J
475	0:53:09	8635	Chris Jones	VEGETARIAN CYCLING & AC	575	0:54:41	6417	Michael Mawby	CANTERBURY HARRIERS
476	0:53:09	6098	Ian Cox	BARROW RUNNERS	576	0:54:42	7452	Stephen McGrath	LOW FELL RC
477	0:53:10	7993	Philip Scowcroft	SALE HARRIERS MANCHESTEI	577	0:54:43	7567	Michael Chapman	NENE VALLEY HARRIERS
478	0:53:11	8429	Dean Cross	SUTTON IN ASHFIELD HARRIE	578	0:54:44	6826	Luke Herbert	GLOUCESTER AC
479	0:53:14	7504	Richard Highfield	MANX HARRIERS	579	0:54:46	7623	Nigel Arnold	NORFOLK GAZELLES AC
480	0:53:15	7684	Jonathan Hioms	NOTTS AC	580	0:54:48	7854	Paul Newton	REDHILL ROAD RUNNERS
481	0:53:15	7118	Anthony Squire	HOLME PIERREPONT RC	581	0:54:49	7942	Paul Birch	RUGBY & NORTHAMPTON AC
482	0:53:16	6571	Sebastian Goodall	CORBY AC	582	0:54:51	8543	Samuel Mellor	TOTLEY AC
483	0:53:16	8701	Nathan Martin	WHARFEDALE HARRIERS	583	0:54:53	8354	John Kilcoyne	STEEL CITY STRIDERS RC
484	0:53:18	8496	Christopher Fullerton	TIPTON HARRIERS	584	0:54:54	6546	Spencer Higgins	CLEETHORPES AND DISTRICT
485	0:53:18	6125	Karl Wilkins	BEAUMONT RC	585	0:54:55	8816	Jason Mountain	WYMONDHAM AC
486	0:53:19	6991	Robert Tuer	HERCULES WIMBLEDON AC	586	0:54:55	6503	Jaysson Sawyer	CITY OF HULL AC
487	0:53:20	6176	Thomas O'Beirne	BELGRAVE HARRIERS	587	0:54:56	7249	Len Reilly	KENT AC
488	0:53:21	7337	Phillip Williams	LEIGH HARRIERS & AC	588	0:54:56	7991	Gary Rowlinson	SALE HARRIERS MANCHESTEI
489	0:53:22	8484	Alexander Warnakulasuriya	THAMES VALLEY HARRIERS	589	0:54:59	6072	Pete Slade	AVON VALLEY RUNNERS
490	0:53:23	7299	John Knibb	LEAMINGTON CYCLING AND	590	0:54:59	7365	John Cain	LIVERPOOL HARRIERS & AC
491	0:53:24	8205	Gareth Parr	SOUTH LONDON HARRIERS	591	0:54:59	8395	Nick Palmer	STOWMARKET STRIDERS RC
492	0:53:25	7871	Andrew Walker	REIGATE PRIORY AC	592	0:55:00	6285	Steve Angus	BORDER HARRIERS & AC
493	0:53:25	6451	Andy Gore	CHELTENHAM AND COUNTY	593	0:55:00	7207	Matt Dyer	KENILWORTH RUNNERS
494	0:53:28	8437	Adam Stokes	TAUNTON AC	594	0:55:01	6380	Robert White	BUXTON & DISTRICT AC
495	0:53:29	8268	Jonathan Scott	SPARKHILL HARRIERS	595	0:55:02	7113	James Kirkwood	HOLME PIERREPONT RC
496	0:53:30	8803	Steven Flowers	WYE VALLEY RUNNERS	596	0:55:02	6659	Samuel Knibbs	DERWENT RUNNERS (DERBY)
497	0:53:35	6058	Ben Carrington	AMAZING FEET RUNNING CLI	597	0:55:02	8498	Zabie Hassan	TIPTON HARRIERS
498	0:53:36	6941	Simon Bennett	HARTLEPOOL BURN ROAD H/	598	0:55:05	8333	Richard Rea	STAFFORD HARRIERS
499	0:53:37	6185	Nathan Brickman	BELPER HARRIERS	599	0:55:05	7015	Andrew Grigg	HERNE HILL HARRIERS
500	0:53:38	7436	Anthony Hatswell	LONG EATON RUNNING CLUE	600	0:55:06	7415	Paul Mercer	LONDON HEATHSIDE RUNNEI

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Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
601	0:55:06	6429	Michael Kingsbury	CHARNWOOD A C	701	0:56:22	7943	Vincent Carroll	RUGBY & NORTHAMPTON AC
602	0:55:07	7192	Jonathan Gilroy	JARROW & HEBBURN AC	702	0:56:24	6979	Sean Crummy	HERCULES WIMBLEDON AC
603	0:55:07	7427	Andrew Welshman	LONDON HEATHSIDE RUNNEI	703	0:56:25	7858	Leigh Stubbs	REDHILL ROAD RUNNERS
604	0:55:08	6876	Joseph Donkin	HALESOWEN AC	704	0:56:26	8745	Andrew Bave	WOLVERHAMPTON & BILSTO
605	0:55:08	8070	Matthew Hardcastle	SERPENTINE RC	705	0:56:27	8666	Sha Janally	WATFORD JOGGERS
606	0:55:08	8151	Grant Lloyd	SHREWSBURY AC	706	0:56:27	6673	Wayne Martison	DONCASTER ATHLETIC CLUB
607	0:55:08	7646	Jonathon Heaney	NORTH SHIELDS POLYTECHNI	707	0:56:28	6563	Peter Twigg	CLOWNE ROAD RUNNERS CLU
608	0:55:09	6024	Ashley Quinlan	ALDRSHOT FARNHAM & DIS	708	0:56:29	6640	Simon Browne	DENBY DALE TRAVELLERS
609	0:55:09	8770	Daniel Vaughan	WOLVERHAMPTON & BILSTO	709	0:56:30	8790	Robert Jones	WORCESTER AC
610	0:55:10	8826	Giles Hawking	YORK KNAVESMIRE HARRIER!	710	0:56:30	6971	Michael Mallen	HEATON HARRIERS & AC
611	0:55:11	7833	Nicholas Twomey	RANELAGH HARRIERS	711	0:56:31	6224	Christopher Larvin	BIRCHFIELD HARRIERS
612	0:55:12	8581	Alex Black	TYNE BRIDGE HARRIERS	712	0:56:32	6664	Eduardo Rodrigues	DERWENT RUNNERS (DERBY)
613	0:55:13	7739	Luke Ingram	OWLS AC LEICESTER	713	0:56:32	6355	Sean Bowden	BROMSGROVE & REDDITCH
614	0:55:14	7489	David Garner	MANCHESTER YMCA HARRIE!	714	0:56:35	7631	Adam Darnell	NORTH DERBYSHIRE RC
615	0:55:15	8149	John Jones	SHREWSBURY AC	715	0:56:35	6366	Nigel Sullivan	BURNHAM JOGGERS
616	0:55:16	7029	Eric Sapac	HERNE HILL HARRIERS	716	0:56:35	6829	James Walters	GLOUCESTER AC
617	0:55:17	8157	Stephen Waters	SHREWSBURY AC	717	0:56:37	7711	Eric Fowler	NUNEATON HARRIERS
618	0:55:17	6275	Christopher Tuck	BLACKHEATH AND BROMLEY	718	0:56:38	8344	Doug Banks	STEEL CITY STRIDERS RC
619	0:55:19	8079	Jonathan Moscrop	SERPENTINE RC	719	0:56:41	7825	Mark Herbert	RANELAGH HARRIERS
620	0:55:20	8595	Andy Green	TYNDALE HARRIERS & AC	720	0:56:41	7961	Mike Ashby	SALE HARRIERS MANCHESTEI
621	0:55:22	8438	Craig Bridges	TEAMBATH ATHLETIC CLUB	721	0:56:42	7964	Paul Barrett	SALE HARRIERS MANCHESTEI
622	0:55:22	7396	Chris Hartley	LONDON HEATHSIDE RUNNEI	722	0:56:43	6388	Oliver Young	CAMBRIDGE & COLERIDGE A
623	0:55:23	8537	Adam Styles	TONBRIDGE AC	723	0:56:46	6733	Gary Matthews	EAST CHESHIRE HARRIERS &
624	0:55:24	8117	John Doherty	SHEFFIELD RC	724	0:56:46	6123	Ian Parker	BEAUMONT RC
625	0:55:26	6694	Stuart Perkins	DUDLEY KINGSWINFORD RC	725	0:56:47	7638	Steven Penney	NORTH DERBYSHIRE RC
626	0:55:26	7246	Matthew Moroney	KENT AC	726	0:56:47	6310	Andrew Hoole	BOURNVILLE HARRIERS
627	0:55:28	6102	Chris Neil	BARROW RUNNERS	727	0:56:49	6220	Rob Deakin	BIRCHFIELD HARRIERS
628	0:55:28	8582	Alasdair Blain	TYNE BRIDGE HARRIERS	728	0:56:49	6898	Paul Faulkner	HALLAMSHIRE HARRIERS SHE
629	0:55:31	8217	Paul Stewart	SOUTH SHIELDS HARRIERS &	729	0:56:51	8251	Alex Waddelove	SOUTHPORT WATERLOO AC
630	0:55:31	6965	Dean Taylor	HEANOR RUNNING CLUB	730	0:56:51	7844	Mark Davis	REDHILL ROAD RUNNERS
631	0:55:31	7030	John Tayleur	HERNE HILL HARRIERS	731	0:56:52	6874	Matthew Allen	HALESOWEN AC
632	0:55:32	8817	Andrew Preston	WYMONDHAM AC	732	0:56:53	6476	Andy Nicholson	CHICHESTER RUNNERS & AC
633	0:55:33	8221	Mark Wilson	SOUTH SHIELDS HARRIERS &	733	0:56:53	8714	David Vossler	WINCHESTER & DISTRICT AC
634	0:55:34	7828	Dave Lawley	RANELAGH HARRIERS	734	0:56:53	8698	Alan Uren	WESTBURY HARRIERS
635	0:55:36	8267	Darren Riley	SPARKHILL HARRIERS	735	0:56:54	8811	Kris Barnard	WYMONDHAM AC
636	0:55:38	8288	Jamie Abbiss	ST ALBANS STRIDERS	736	0:56:55	8749	Leroy Brown	WOLVERHAMPTON & BILSTO
637	0:55:39	7951	Nigel Roberts	RUGBY & NORTHAMPTON AC	737	0:56:55	7397	Nick Haward	LONDON HEATHSIDE RUNNEI
638	0:55:39	7153	Mark Gregory	HUNCOTE HARRIERS	738	0:56:55	8823	Barry Atkinson	YORK KNAVESMIRE HARRIER!
639	0:55:40	7872	Mark Crawford	RICHMOND & ZETLAND HAR!	739	0:56:56	6663	Matthew Parker	DERWENT RUNNERS (DERBY)
640	0:55:41	6008	Richard Batchelor	ALDRSHOT FARNHAM & DIS	740	0:56:57	7759	Mark Weathersby	PACTRAC
641	0:55:41	7409	Jonathan Litchfield	LONDON HEATHSIDE RUNNEI	741	0:56:58	8632	Jon Pownall	VALLEY STRIDERS AC
642	0:55:43	7121	Samuel Williams	HOLME PIERREPONT RC	742	0:56:59	6449	Matthew Evans	CHELtenham AND COUNTY
643	0:55:44	8769	James Toddington	WOLVERHAMPTON & BILSTO	743	0:56:59	6539	Musa Adamu	CLAPHAM CHASERS
644	0:55:44	7146	Lee Dover	HOUGHTON HARRIERS & AC	744	0:56:59	8648	Jeremy Fellick	WALLASEY ATHLETIC CLUB
645	0:55:45	8455	David Kingston	TELFORD HARRIERS	745	0:57:00	8116	Matthew Craig	SHEFFIELD RC
646	0:55:46	7476	James Noakes	MACCLESFIELD HARRIERS & /	746	0:57:01	8551	Greg Macroft	TRAFFORD ATHLETIC CLUB
647	0:55:46	6312	John McKeon	BOURNVILLE HARRIERS	747	0:57:01	7195	Scott Bairstow	KEIGHLEY & CRAVEN AC
648	0:55:46	6653	Jonathon Owen	DERBY ATHLETIC CLUB	748	0:57:02	6634	Reuben Burford	DARTFORD HARRIERS AC
649	0:55:47	8607	Mark Richards	VALE OF AYLESBURY AC	749	0:57:02	6647	Jonathan Ridge	DENBY DALE TRAVELLERS
650	0:55:48	6566	Bryan Lomas	CONGLETON HARRIERS	750	0:57:03	6087	Noel Adkins	BARNSELY ATHLETIC CLUB
651	0:55:48	8725	Matt Chadwick	WINTERTON RUNNING CLUB	751	0:57:04	7127	Garreth Humphries	HOLMFIRTH HARRIERS AC
652	0:55:50	6227	Lewis Morley	BIRCHFIELD HARRIERS	752	0:57:04	7002	Darren Weston	HERMITAGE HARRIERS
653	0:55:50	6228	Mike Morley	BIRCHFIELD HARRIERS	753	0:57:04	6233	Martin Cleaver	BIRMINGHAM RUNNING ATH
654	0:55:51	8673	Jon Kemp	WELLINGBOROUGH & DISTRI	754	0:57:04	7930	Paul Brown	ROTHWELL & DISTRICT HARR
655	0:55:51	6911	Matthew Payne	HALLAMSHIRE HARRIERS SHE	755	0:57:04	6767	Simon Deville	ETON MANOR AC
656	0:55:52	7473	Robert Hasler	MACCLESFIELD HARRIERS & /	756	0:57:05	7466	Thomas Howarth	LYTHAM ST ANNES RR CLUB
657	0:55:52	7315	Martin Farran	LEEDS CITY ATHLETIC CLUB	757	0:57:06	6035	Richard Deeley	ALDRIDGE RC
658	0:55:52	7403	Dominic Jackson	LONDON HEATHSIDE RUNNEI	758	0:57:06	8702	David McGuire	WHARFEDALE HARRIERS
659	0:55:53	7450	Lawrence Johnson	LOW FELL RC	759	0:57:06	8763	Jack Parr	WOLVERHAMPTON & BILSTO
660	0:55:55	7371	Mathew Hughes	LIVERPOOL HARRIERS & AC	760	0:57:07	8789	Jonathan Holland	WORCESTER AC
661	0:55:55	6959	Cory Parker	HEANOR RUNNING CLUB	761	0:57:09	7922	Steven Marshall	ROTHERHAM HARRIERS AND
662	0:55:55	7091	Richard Mann	HILLINGDON AC	762	0:57:11	8629	Gary Mann	VALLEY STRIDERS AC
663	0:55:56	8617	James Griffiths	VALE ROYAL AC	763	0:57:11	8827	Darren Hendley	YORK KNAVESMIRE HARRIER!
664	0:55:57	6025	Daniel Quinlan	ALDRSHOT FARNHAM & DIS	764	0:57:11	8580	Tom Woolley	TUNBRIDGE WELLS HARRIER!
665	0:55:58	8143	Matthew Guildler	SHREWSBURY AC	765	0:57:11	8053	Jolyon Attwooll	SERPENTINE RC
666	0:55:58	8755	Darren Edwards	WOLVERHAMPTON & BILSTO	766	0:57:12	8585	Chris Graham	TYNE BRIDGE HARRIERS
667	0:56:00	6883	Joseph Phillips	HALESOWEN AC	767	0:57:12	8454	Dean Gapper	TELFORD HARRIERS
668	0:56:00	8624	Gareth Williams	VALE ROYAL AC	768	0:57:13	8618	Tom Heaward	VALE ROYAL AC
669	0:56:01	6124	Ross Tyrrell	BEAUMONT RC	769	0:57:14	7470	Robert Hawse	MABLETHORPE RUNNING CLU
670	0:56:02	8402	Tim Hutchinson	STRATFORD UPON AVON AC	770	0:57:14	8792	Adam Pollock	WORCESTER AC
671	0:56:03	8788	Bradley Abbott	WORCESTER AC	771	0:57:16	6966	Tony Weatherston	HEANOR RUNNING CLUB
672	0:56:03	7289	Chris Pownell	KNOWSLEY HARRIERS	772	0:57:17	7148	Warren Bennett	HUNCOTE HARRIERS
673	0:56:04	6668	Ash Payne	DES福德 STRIDERS	773	0:57:17	7094	Joel Pope	HILLINGDON AC
674	0:56:04	7970	Richard Edwards	SALE HARRIERS MANCHESTEI	774	0:57:17	7413	Joseph McKeown	LONDON HEATHSIDE RUNNEI
675	0:56:04	7179	Stephen Coy	ILKLEY HARRIERS AC	775	0:57:18	7481	Scott Wilson	MACCLESFIELD HARRIERS & /
676	0:56:05	8040	Jim Thompson	SALTWELL HARRIERS	776	0:57:19	6354	Mark Appleton	BROMSGROVE & REDDITCH
677	0:56:06	6608	Glenn Barden	CROYDON HARRIERS	777	0:57:19	8039	Graham Stephenson	SALTWELL HARRIERS
678	0:56:07	8685	David Taylor	WESHAM ROAD RUNNERS &	778	0:57:19	7940	Chris Taylor	ROYAL SUTTON COLDFIELD A
679	0:56:08	8432	Damien Hersey	SUTTON RUNNERS	779	0:57:21	6974	Stephen Schubele	HEATON HARRIERS & AC
680	0:56:08	8302	Steven Anders	ST HELENS SUTTON AC	780	0:57:22	8812	Stu Barnard	WYMONDHAM AC
681	0:56:11	7089	Paul Leppard	HILLINGDON AC	781	0:57:23	7579	Timothy Bagguley	NEWARK AC
682	0:56:11	8341	Seamus White	STAFFS MOORLANDS AC	782	0:57:24	7114	Alex Loach	HOLME PIERREPONT RC
683	0:56:11	6672	Martin James	DONCASTER ATHLETIC CLUB	783	0:57:24	7245	Arif Merali	KENT AC
684	0:56:11	8723	Edward Smith	WINDSOR SLOUGH ETON & F	784	0:57:25	6532	Mark Cage	CITY OF YORK AC
685	0:56:12	8368	David Graham Hulley	STOCKPORT HARRIERS & AC	785	0:57:25	7041	Jay Fallaize	HIGHAM HARRIERS
686	0:56:12	6700	James Wright	DUDLEY KINGSWINFORD RC	786	0:57:25	7044	Nathan Jones	HIGHAM HARRIERS
687	0:56:13	8522	Alexander Hookway	TONBRIDGE AC	787	0:57:26	7288	Robert Owens	KNOWSLEY HARRIERS
688	0:56:14	8578	Nigel Bunn	TRING RC	788	0:57:26	6249	Peter Gill	BIRTLEY AC
689	0:56:14	6759	Andrew Watson	EREWASH VALLEY RC	789	0:57:26	8814	Steve Ely	WYMONDHAM AC
690	0:56:15	8651	Greg Jones	WALLASEY ATHLETIC CLUB	790	0:57:27	7641	Andrew Todd	NORTH DERBYSHIRE RC
691	0:56:16	8192	Mark Coulthard	SOUTH CHESHIRE HARRIERS	791	0:57:27	8406	Kieran Tursner	STRATFORD UPON AVON AC
692	0:56:16	8048	Chris Lines	SEDGFIELD HARRIERS	792	0:57:29	7339	James Bell	LEIGHTON BUZZARD ATHLETI
693	0:56:17	7837	Arturo Martinez De Murgia	READING AC	793	0:57:30	7888	Matt Jones	RIPLEY RUNNING CLUB
694	0:56:17	8783	Julian Russell	WOODFORD GREEN AC WITH	794	0:57:30	8122	Stuart Little	SHEFFIELD RC
695	0:56:18	7150	Gareth Chivers	HUNCOTE HARRIERS	795	0:57:31	8804	Jeremy Jehan	WYE VALLEY RUNNERS
696	0:56:19	6210	Jack Smisssaert	BILLINGHAM MARSH HSE H &	796	0:57:32	8711	Peter Allan	WINCHESTER & DISTRICT AC
697	0:56:20	8696	Robin Phillips	WESTBURY HARRIERS	797	0:57:33	7424	Jake Spencer	LONDON HEATHSIDE RUNNEI
698	0:56:20	7675	Anthony Carbutt	NOTTS AC	798	0:57:33	8340	Anthony Jones	STAFFS MOORLANDS AC
699	0:56:21	7126	Clark Hind	HOLMFIRTH HARRIERS AC	799	0:57:34	8084	Bartosz Porzuczek	SERPENTINE RC
700	0:56:21	6094	Stuart Wilson	BARNSELY ATHLETIC CLUB	800	0:57:34	6520	Kevin Wheeler	CITY OF PORTSMOUTH AC

2016 National XC - Senior Men Interim

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
801	0:57:34	7520	David Clarke	MASSEY FERGUSON RC	901	0:58:49	6746	Paul Evans	ELVET STRIDERS
802	0:57:35	6009	Michael Boucher	ALDRSHOT FARNHAM & DIS	902	0:58:50	8611	Steven Caldwell	VALE ROYAL AC
803	0:57:36	7548	Robert Hancox	MORPETH HARRIERS & AC	903	0:58:50	6116	Philip Chritchlow	BEAUMONT RC
804	0:57:37	7764	Ralph Pawling	PENSBY RUNNERS	904	0:58:51	7649	Kris Whitelaw	NORTH SHIELDS POLYTECHNI
805	0:57:38	6554	David Thomas	CLEETHORPES AND DISTRICT	905	0:58:51	8731	Simon Fox	WIRRAL AC
806	0:57:39	6853	John Cox	GREAT WESTERN RUNNERS	906	0:58:51	6283	Ian Young	BLACKHILL BOUNDERS
807	0:57:41	6229	Simon Rhodes	BIRCHFIELD HARRIERS	907	0:58:52	7590	David Wright	NEWBURY AC
808	0:57:42	8464	Fahad Abdi	THAMES VALLEY HARRIERS	908	0:58:53	7347	Warren Rose	LEIGHTON BUZZARD ATHLETI
809	0:57:42	7853	Peter McNally	REDHILL ROAD RUNNERS	909	0:58:55	8713	Marc Lyne	WINCHESTER & DISTRICT AC
810	0:57:43	8373	Tim Hulse	STONE MASTER MARATHON	910	0:58:56	8092	Philip Whitehouse	SERPENTINE RC
811	0:57:44	8121	Gareth Irvine	SHEFFIELD RC	911	0:58:57	7815	Adam MacHan	RACING TNT
812	0:57:44	6790	Nicholas Steele	FLECKSTONE RC	912	0:58:58	7430	Mark Boardman	LONG EATON RUNNING CLU
813	0:57:44	8209	Stuart Searle	SOUTH LONDON HARRIERS	913	0:58:58	7401	Jacob Howe	LONDON HEATHSIDE RUNNE
814	0:57:45	6688	Simon Hughes	DUDLEY KINGSWINFORM RC	914	0:59:00	8633	Steve Webb	VALLEY STRIDERS AC
815	0:57:45	7422	Chris Shipley	LONDON HEATHSIDE RUNNEI	915	0:59:01	7760	Rob Beech	PENSBY RUNNERS
816	0:57:46	6864	Lee Lintern	GUILDFORD & GODALMING /	916	0:59:01	8261	Andy Hussey	SPARKHILL HARRIERS
817	0:57:47	8269	Nick Stringer	SPARKHILL HARRIERS	917	0:59:02	8051	Conrad Addo	SERPENTINE RC
818	0:57:47	6692	David Norman	DUDLEY KINGSWINFORM RC	918	0:59:02	6504	Brian Ward	CITY OF HULL AC
819	0:57:47	8610	Sean Wilson	VALE OF AYLESBURY AC	919	0:59:04	7521	Ross Thomas Cooper	MASSEY FERGUSON RC
820	0:57:47	7294	Craig Bower	LEAMINGTON CYCLING AND	920	0:59:07	7165	Scott Henderson	HYDE PARK HARRIERS
821	0:57:49	8123	Benjamin Mahoney	SHEFFIELD RC	921	0:59:08	7128	Mark Law	HOLMFIRTH HARRIERS AC
822	0:57:49	8652	Michael Kelly	WALLASEY ATHLETIC CLUB	922	0:59:09	8413	Andrew Stockwell	STUBBINGTON GREEN RUNN
823	0:57:49	6879	David Lewis	HALESOWEN AC	923	0:59:09	6157	Joseph J Gallagher	BEESTON AC
824	0:57:50	7689	Gareth Little	NOTTS AC	924	0:59:10	6787	Andrew Noble	FOLKESTONE RC
825	0:57:50	6701	Kevin Chadwick	DULWICH RUNNERS AC	925	0:59:10	7572	James MacDonald	NENE VALLEY HARRIERS
826	0:57:50	8452	Nick Thomas	TELFORD AC	926	0:59:11	6888	Allan Russell	HALIFAX HARRIERS & AC
827	0:57:52	7130	Daniel Shaw	HOLMFIRTH HARRIERS AC	927	0:59:11	7391	Gavin Evans	LONDON HEATHSIDE RUNNE
828	0:57:52	8727	Richard Bargh	WIRRAL AC	928	0:59:11	6093	Melvin Wallace	BARNSELY ATHLETIC CLUB
829	0:57:52	6944	Andrew Minister	HARTLEPOOL BURN ROAD H/	929	0:59:13	7625	Stephen Rolfe	NORFOLK GAZELLES AC
830	0:57:53	7016	Dan Hallam	HERNE HILL HARRIERS	930	0:59:13	7573	John Nash	NENE VALLEY HARRIERS
831	0:57:53	6483	Neil Brown	CHILTERN HARRIERS AC	931	0:59:13	6068	Joby Hobbs	AVON VALLEY RUNNERS
832	0:57:54	6830	Steve Boddy	GOSFORTH HARRIERS & AC	932	0:59:14	8586	Nick Howell	TYNE BRIDGE HARRIERS
833	0:57:54	8372	Steve Shaughnessy	STOCKPORT HARRIERS & AC	933	0:59:14	8706	Stephen Nicholls	WIGAN & DISTRICT H & AC
834	0:57:55	6311	Oliver Kirkland	BOURNVILLE HARRIERS	934	0:59:15	8466	Greg Bennett	THAMES VALLEY HARRIERS
835	0:57:55	6948	Daniel Russell	HASTINGS AC	935	0:59:15	6698	Darren Thompson	DUDLEY KINGSWINFORM RC
836	0:57:56	8704	Mike Harris	WIGAN & DISTRICT H & AC	936	0:59:16	6863	Kit Hawtin	GUILDFORD & GODALMING /
837	0:57:56	8690	Andrew Clague	WEST CHESHIRE ATHLETIC CL	937	0:59:16	6884	Philip Scarr	HALESOWEN AC
838	0:57:57	6797	Martin Hunt	FORMULA ONE CIRCUIT CREV	938	0:59:16	6764	Paul Cates	ETON MANOR AC
839	0:57:58	8539	Joseph Watts	TONBRIDGE AC	939	0:59:17	7593	Martin Bailey	NEWCASTLE STAFFS AC
840	0:57:58	7061	Emmanuel Lumineau	HIGHGATE HARRIERS	940	0:59:18	8397	Christopher Starmer	STOWMARKET STRIDERS RC
841	0:57:59	6806	James Hampshire	FULHAM RUNNING CLUB	941	0:59:19	8571	Daniel Jordan	TRENTHAM RC
842	0:57:59	7194	Ian Salkeld	JARROW & HEBBURN AC	942	0:59:21	6317	Richard Rollins	BOURNVILLE HARRIERS
843	0:58:00	8292	Graham Foster	ST ALBANS STRIDERS	943	0:59:23	6070	Gary MacAlister	AVON VALLEY RUNNERS
844	0:58:01	6810	Eoghan O'Neill	FULHAM RUNNING CLUB	944	0:59:23	8587	John Hurse	TYNE BRIDGE HARRIERS
845	0:58:06	8357	Alasdair Menmuir	STEEL CITY STRIDERS RC	945	0:59:25	8289	Colin Braybrook	ST ALBANS STRIDERS
846	0:58:06	6101	Jonathon Male	BARROW RUNNERS	946	0:59:26	7889	Richard Kimber	RIPLEY RUNNING CLUB
847	0:58:07	6104	Jonathon Riall	BARROW RUNNERS	947	0:59:27	8232	Steven Underwood	SOUTHAMPTON ATHLETIC CL
848	0:58:07	7163	Tim Day	HYDE PARK HARRIERS	948	0:59:28	8646	Phil Cuthbert	WALLASEY ATHLETIC CLUB
849	0:58:08	6720	Robert Brown	EALING SOUTHALL & MIDDLE	949	0:59:28	6302	Steven Sheppard	BOURNE TOWN HARRIERS
850	0:58:08	6410	Aidan McCormack	CANNOCK & STAFFORD AC	950	0:59:30	8573	Matthew Plant	TRENTHAM RC
851	0:58:09	8530	Mark Pitcairn-Knowles	TONBRIDGE AC	951	0:59:30	8430	Nick Luke	SUTTON IN ASHFIELD HARRI
852	0:58:10	7155	Christopher Talbot	HUNCOTE HARRIERS	952	0:59:32	7847	Karl Glendenning	REDHILL ROAD RUNNERS
853	0:58:11	7547	Neil Gunstone	MORPETH HARRIERS & AC	953	0:59:32	7944	Terry Egan	RUGBY & NORTHAMPTON AC
854	0:58:11	7611	David Kail	NEWHAM & ESSEX BEAGLES /	954	0:59:33	6852	Philip Chan	GREAT WESTERN RUNNERS
855	0:58:11	7722	Charles Gassier	ORION HARRIERS	955	0:59:35	8794	Luke Sheppard	WORCESTER AC
856	0:58:15	7662	Martin Horlock	NORWICH ROAD RUNNERS	956	0:59:37	6665	Jim Watt	DERWENT RUNNERS (DERBY)
857	0:58:15	6862	Ben Friend	GUILDFORD & GODALMING /	957	0:59:38	7770	Gary Thornton-Allen	PENSBY RUNNERS
858	0:58:17	6390	Dom Fiore	CAMBRIDGE HARRIERS	958	0:59:40	8684	Alex Rowe	WESHAM ROAD RUNNERS &
859	0:58:18	8241	Alec Louis Kyriakides	SOUTHEND ON SEA AC	959	0:59:40	7472	Carl Hanaghan	MACCLESFIELD HARRIERS & /
860	0:58:20	8188	Steven Howes	SOLIHULL & SMALL HEATH A'	960	0:59:41	6492	Stuart Holliday	CHORLTON RUNNERS
861	0:58:21	6161	Daniel Rawson	BEESTON AC	961	0:59:42	6043	Mark Shaw	ALDRIDGE RC
862	0:58:22	7851	Nigel Lever	REDHILL ROAD RUNNERS	962	0:59:43	6607	Neil Aikman	CROYDON HARRIERS
863	0:58:22	7438	Richard Howe	LONG EATON RUNNING CLU	963	0:59:45	7417	Norman Mitchell	LONDON HEATHSIDE RUNNEI
864	0:58:23	7957	Marc Scott	RUSHCLIFFE AC	964	0:59:46	6389	Clem Dixon	CAMBRIDGE HARRIERS
865	0:58:24	6267	Richard Byford	BLACKHEATH AND BROMLEY	965	0:59:47	7585	Howard Leek	NEWARK AC
866	0:58:25	8111	Thomas Halloway	SHEFFIELD HALLAM UNIVERS	966	0:59:47	6687	Mark Homer	DUDLEY KINGSWINFORM RC
867	0:58:25	8798	James Ketteringham	WREAKE RUNNERS	967	0:59:47	8150	Richard Jones	SHREWSBURY AC
868	0:58:26	6986	David Scrimshaw	HERCULES WIMBLEDON AC	968	0:59:48	8526	Cameron Knapp	TONBRIDGE AC
869	0:58:27	8677	Nathan Baker	WELLS CITY HARRIERS	969	0:59:49	6675	Peter Simpson	DONCASTER ATHLETIC CLUB
870	0:58:28	8387	Duncan Cornish	STOURBRIDGE RC	970	0:59:49	6081	Michael Martin	BARNET & DISTRICT AC
871	0:58:28	6827	Lee Smith	GLOUCESTER AC	971	0:59:50	7218	Stewart Underhill	KENILWORTH RUNNERS
872	0:58:29	6064	Dominic Beddis	AVON VALLEY RUNNERS	972	0:59:51	7186	Ross Chapman	ISTEAD & IFIELD HARRIERS
873	0:58:30	8204	Paul Mitchell	SOUTH LONDON HARRIERS	973	0:59:51	6540	David Burrell	CLEETHORPES AND DISTRICT
874	0:58:30	8818	Martin Stringfellow	WYMONDHAM AC	974	0:59:52	7448	Richard Conder	LOW FELL RC
875	0:58:31	7405	Tony Killilea	LONDON HEATHSIDE RUNNEI	975	0:59:52	7268	David Hagan	KINGS HEATH RC - THE LIONS
876	0:58:31	8141	Alan Dean	SHREWSBURY AC	976	0:59:52	6835	Martin John Lloyd	GOSFORTH HARRIERS & AC
877	0:58:31	6034	Paul Burke	ALDRIDGE RC	977	0:59:54	7214	David Ramus	KENILWORTH RUNNERS
878	0:58:32	8296	Michael Martin	ST ALBANS STRIDERS	978	0:59:54	7992	Glen Savage	SALE HARRIERS MANCHESTEI
879	0:58:34	7497	Gary Morley	MANSFIELD HARRIERS	979	0:59:55	6752	Stewart Pepper	ENFIELD AND HARINGEY A C
880	0:58:35	8574	Roger Taylor	TRENTHAM RC	980	0:59:55	6564	Peter Carvell	CONGLETON HARRIERS
881	0:58:35	7648	Chris Waite	NORTH SHIELDS POLYTECHNI	981	0:59:56	7917	Howard Darwin	ROTHERHAM HARRIERS AND
882	0:58:36	7707	Philip Waring	NOTTS AC	982	0:59:57	8750	Simon Calrow	WOLVERHAMPTON & BILSTO
883	0:58:36	6497	Neal Wainwright	CHORLTON RUNNERS	983	0:59:58	6813	Max Tollemarche	FULHAM RUNNING CLUB
884	0:58:38	7018	Alex Hobley	HERNE HILL HARRIERS	984	0:59:59	7533	Gordon Baird	MIDDLESBROUGH & CLEVELA
885	0:58:39	8270	Paul Webster	SPARKHILL HARRIERS	985	1:00:00	7009	Trevor Chilton	HERNE HILL HARRIERS
886	0:58:39	6543	Paul Evison	CLEETHORPES AND DISTRICT	986	1:00:01	8283	Gerard Skippins	SPENBOROUGH & DIST AC
887	0:58:40	6726	Gavin Browne	EAST CHESHIRE HARRIERS &	987	1:00:02	6418	Ian Stokes	CANTERBURY HARRIERS
888	0:58:40	7575	Oliver Slater	NENE VALLEY HARRIERS	988	1:00:05	6247	David Cleugh	BIRTLEY AC
889	0:58:41	6765	David Cato	ETON MANOR AC	989	1:00:05	8074	Fraser Johnson	SERPENTINE RC
890	0:58:41	8352	Steve Helmore	STEEL CITY STRIDERS RC	990	1:00:05	6805	John Devoy	FULHAM RUNNING CLUB
891	0:58:43	8477	Stephen Norris	THAMES VALLEY HARRIERS	991	1:00:07	8166	Marvin Malia	SINFIN RUNNING CLUB
892	0:58:44	7834	Freddy Dobinson	READING AC	992	1:00:08	7591	Phil Rowley	NEWCASTLE (STAFFS) TRI CL
893	0:58:44	7681	Jamie Fletcher	NOTTS AC	993	1:00:10	8446	Marc Christian	TELFORD AC
894	0:58:44	8589	Nick Joyce	TYNE BRIDGE HARRIERS	994	1:00:10	8499	Mick Hill	TIPTON HARRIERS
895	0:58:46	6783	Sam Pole	FLECKNEY & KIBWORTH ATHI	995	1:00:10	6411	Thomas Orton	CANNOCK & STAFFORD AC
896	0:58:47	8398	Scott Williams	STOWMARKET STRIDERS RC	996	1:00:11	7582	Lee Braithwaite	NEWARK AC
897	0:58:47	8527	Richard Owen	TONBRIDGE AC	997	1:00:12	8637	Jeremy Gold	VICTORIA PARK HARRIERS AN
898	0:58:48	6307	Ian Faddy	BOURNVILLE HARRIERS	998	1:00:13	6832	Maurice Bourke	GOSFORTH HARRIERS & AC
899	0:58:48	6703	Ian Lilley	DULWICH RUNNERS AC	999	1:00:15	6996	Neil Doherty	HERMITAGE HARRIERS
900	0:58:48	6967	Paul Winfield	HEANOR RUNNING CLUB	1000	1:00:15	7453	David Nolan	LOW FELL RC

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Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1001	1:00:18	8181	Kevin Walker	SKELMERSDALE BOUNDARY F	1101	1:01:53	7103	Mark Bailey	HINCKLEY RUNNING CLUB
1002	1:00:19	6861	Andrew Flanagan	GUILDFORD & GODALMING /	1102	1:01:53	8138	Brian Thomas	SHELTON STRIDERS
1003	1:00:20	6807	Andrew Han	FULHAM RUNNING CLUB	1103	1:01:53	6743	Richard Houghton	ELSWICK HARRIERS
1004	1:00:21	8647	Phil Dabner	WALLASEY ATHLETIC CLUB	1104	1:01:53	6553	Michael Skelton	CLEETHORPES AND DISTRICT
1005	1:00:24	7565	Sean Beard	NENE VALLEY HARRIERS	1105	1:01:54	8806	Ward Linney	WYE VALLEY RUNNERS
1006	1:00:25	7635	Christopher Leach	NORTH DERBYSHIRE RC	1106	1:01:55	6798	Mark Jacobs	FORMULA ONE CIRCUIT CREL
1007	1:00:25	8363	Peter Webber	STEEL CITY STRIDERS RC	1107	1:01:55	6296	Phil Galpin	BOURNE TOWN HARRIERS
1008	1:00:26	6281	Ian Middlemas	BLACKHILL BOUNDERS	1108	1:01:56	7670	Ben Abbott	NOTTS AC
1009	1:00:26	8222	Mark Anthony Wood	SOUTH SHIELDS HARRIERS &	1109	1:01:57	6479	Gary Williams	CHICHESTER RUNNERS & AC
1010	1:00:27	8026	Ian Charlton	SALTWELL HARRIERS	1110	1:01:58	7111	John Harrison	HOLME PIERREPONT RC
1011	1:00:27	6579	James Bennett	COVENTRY GODIVA HARRIER	1111	1:01:58	7536	Matthew Frost	MIDDLESBROUGH & CLEVELA
1012	1:00:28	6155	David Cross	BEESTON AC	1112	1:02:00	7856	Michael Stephenson	REDHILL ROAD RUNNERS
1013	1:00:29	7524	Gary Lawson	MASSEY FERGUSON RC	1113	1:02:00	6200	David Morrison	BEVERLEY ATHLETIC CLUB
1014	1:00:29	7445	Jason Stainton	LOUTH AC	1114	1:02:02	7899	Nick Walsh	ROCHDALE HARRIERS & AC
1015	1:00:31	6849	Rob Howbrook	GRANTHAM RUNNING CLUB	1115	1:02:03	6881	Bill Nock	HALESOWEN AC
1016	1:00:31	6969	Thomas Andrew Bell	HEATON HARRIERS & AC	1116	1:02:04	8028	Phil Goode	SALTWELL HARRIERS
1017	1:00:33	8334	Christopher Ross	STAFFORD HARRIERS	1117	1:02:06	6705	Ross Rook	DULWICH RUNNERS AC
1018	1:00:34	7840	Darren Stevens	READING AC	1118	1:02:07	6702	Duncan Hussey	DULWICH RUNNERS AC
1019	1:00:36	7771	Carl Easton	PHOENIX STRIDERS	1119	1:02:10	8258	John Goulding	SPARKHILL HARRIERS
1020	1:00:37	7435	Richard Halloran	LONG EATON RUNNING CLUE	1120	1:02:11	6375	Richard Bouglas	BUXTON & DISTRICT AC
1021	1:00:38	7794	Chris Wales	PRESTON HARRIERS	1121	1:02:12	8598	Steven Ellis	UNIVERSITY OF LEICESTER RU
1022	1:00:40	7816	Mike McCartan	RACING TNT	1122	1:02:14	8389	Jason Allard	STOWMARKET STRIDERS RC
1023	1:00:42	8227	Paul Johnson	SOUTHAMPTON ATHLETIC CL	1123	1:02:14	6391	Martin Hawkins	CAMBRIDGE HARRIERS
1024	1:00:45	6425	Edmund Wallace	CENTURION RC	1124	1:02:15	6803	Christopher Cooper	FULHAM RUNNING CLUB
1025	1:00:46	7972	Kevin Foster	SALE HARRIERS MANCHESTE	1125	1:02:15	7407	Alan Latham	LONDON HEATHSIDE RUNNE
1026	1:00:46	6796	Paul Griffiths	FORMULA ONE CIRCUIT CREV	1126	1:02:17	7580	Daniel Barrie	NEWARK AC
1027	1:00:47	6085	Robert Scott	BARNET & DISTRICT AC	1127	1:02:18	6189	Chris Jordan	BELPER HARRIERS
1028	1:00:48	7821	Stewart Anderson	RANELAGH HARRIERS	1128	1:02:18	8348	Stephen Clarke	STEEL CITY STRIDERS RC
1029	1:00:48	7718	Daniel Timperley	OLDHAM & ROYTON H & AC	1129	1:02:20	6239	Andy Piddington	BIRMINGHAM RUNNING ATH
1030	1:00:49	7870	Dave Rayner	REIGATE PRIORITY AC	1130	1:02:20	8266	Dave Pearson	SPARKHILL HARRIERS
1031	1:00:50	7281	Andy Robinson	KNARESBOROUGH STRIDERS	1131	1:02:22	8386	Steven Burch	STOURBRIDGE RC
1032	1:00:51	6936	Jason Kabel	HARROW AC	1132	1:02:22	7874	Liam Fletcher	RICHMOND & ZETLAND HARI
1033	1:00:51	8350	Andrew Davies	STEEL CITY STRIDERS RC	1133	1:02:23	7461	Jonathan Hock	LYMM RUNNERS
1034	1:00:53	7001	David Pallett	HERMITAGE HARRIERS	1134	1:02:23	8815	Adrian Hall	WYMONDHAM AC
1035	1:00:54	8211	Paul Doxford	SOUTH SHIELDS HARRIERS &	1135	1:02:24	8220	Miles Weston	SOUTH SHIELDS HARRIERS &
1036	1:00:54	6758	Phillip Shearing	EREWASH VALLEY RC	1136	1:02:25	6117	Sam Cleveland	BEAUMONT RC
1037	1:00:54	7581	Carl Braithwaite	NEWARK AC	1137	1:02:26	7898	Mark Walker	ROCHDALE HARRIERS & AC
1038	1:00:55	8167	Christopher Morrison	SINFIN RUNNING CLUB	1138	1:02:27	7132	Jonathon Sykes	HOLMFIRTH HARRIERS AC
1039	1:00:57	8468	Manuel Da Silva	THAMES VALLEY HARRIERS	1139	1:02:27	6313	Stuart Mugridge	BOURNVILLE HARRIERS
1040	1:00:59	7420	Andrew Owen	LONDON HEATHSIDE RUNNEI	1140	1:02:27	8230	Howard Long	SOUTHAMPTON ATHLETIC CL
1041	1:01:00	7498	Nigel Watkin	MANSFIELD HARRIERS	1141	1:02:28	7147	David Gribben	HOUGHTON HARRIERS & AC
1042	1:01:00	8172	Brian Warner	SINFIN RUNNING CLUB	1142	1:02:28	7956	Danny McIntyre	RUSHCLIFFE AC
1043	1:01:01	8670	Colin Taylor	WATFORD JOGGERS	1143	1:02:28	6645	Jimmy Lodge	DENBY DALE TRAVELLERS
1044	1:01:02	7819	Jamie Taylor	RACING TNT	1144	1:02:29	8805	Paul Kemp	WYE VALLEY RUNNERS
1045	1:01:02	6842	Stephen Hobday	GRANTHAM AC	1145	1:02:29	8345	Andy Buck	STEEL CITY STRIDERS RC
1046	1:01:03	6833	Samuel Gant	GOSFORTH HARRIERS & AC	1146	1:02:31	8665	Charles Henderson	WATFORD JOGGERS
1047	1:01:04	7933	Daniel Stone	ROTHWELL & DISTRICT HARR	1147	1:02:32	8183	David Burton	SLEAFORD STRIDERS AC
1048	1:01:05	7377	Chris Pedder	LIVERPOOL PEMBROKE & SEF	1148	1:02:32	8071	Matthew Hearne	SERPENTINE RC
1049	1:01:06	7594	Jason Blount	NEWCASTLE STAFFS AC	1149	1:02:33	8202	John Foss	SOUTH LONDON HARRIERS
1050	1:01:07	8426	Paul Redman	SUNDERLAND HARRIERS & AI	1150	1:02:34	8114	Graeme Bolland	SHEFFIELD RC
1051	1:01:07	8396	Richie Parkins	STOWMARKET STRIDERS RC	1151	1:02:34	8465	Richard Bell	THAMES VALLEY HARRIERS
1052	1:01:08	6241	Andrew Robbins	BIRMINGHAM RUNNING ATH	1152	1:02:35	7838	Andrew McDonald	READING AC
1053	1:01:09	6604	Mark Nichol	CROOK & DIST SPORTS AC	1153	1:02:36	7287	Tom O'Dowd	KNOWSLEY HARRIERS
1054	1:01:10	7359	Justin Williams	LINCOLN WELLINGTON ATHL	1154	1:02:37	7480	Gary Willcock	MACCLESFIELD HARRIERS & /
1055	1:01:12	6824	David Gresswell	GLOUCESTER AC	1155	1:02:37	7421	Gavin Parish	LONDON HEATHSIDE RUNNE
1056	1:01:12	8541	Andrew Wood	TONBRIDGE AC	1156	1:02:38	6697	Andrew Sprague	DUDLEY KINGSWINFORD RC
1057	1:01:13	7901	Richard Briney	ROLLS ROYCE HARRIERS	1157	1:02:40	7715	Mark Treadwell	NUNEATON HARRIERS
1058	1:01:13	7532	Gareth Williams	MEDWAY AND MAIDSTONE /	1158	1:02:40	7265	Lee Weatherall	KIMBERWORTH STRIDERS
1059	1:01:13	8148	Haydn Jones	SHREWSBURY AC	1159	1:02:45	6880	Andrew Nock	HALESOWEN AC
1060	1:01:14	6110	Mark Bevan	BASINGSTOKE & MID HANTS	1160	1:02:45	7523	Tony James Hoy	MASSEY FERGUSON RC
1061	1:01:18	7393	Mark George	LONDON HEATHSIDE RUNNEI	1161	1:02:46	8285	Allen El Sour	SPHINX AC
1062	1:01:21	6387	Ian Richardson	CAMBRIDGE & COLERIDGE AI	1162	1:02:46	8467	Scott Brewer	THAMES VALLEY HARRIERS
1063	1:01:22	8091	James Turner	SERPENTINE RC	1163	1:02:47	7850	Francesco Lari	REDHILL ROAD RUNNERS
1064	1:01:22	8761	Alex Herron	WOLVERHAMPTON & BILSTO	1164	1:02:49	6809	Jacob Miller	FULHAM RUNNING CLUB
1065	1:01:23	6934	Keith Foley	HARROW AC	1165	1:02:49	8361	Ian Stinson	STEEL CITY STRIDERS RC
1066	1:01:24	6188	David Horton	BELPER HARRIERS	1166	1:02:50	7149	Keith Chambers	HUNCOTE HARRIERS
1067	1:01:26	8825	Pete Downes	YORK KNAVESMIRE HARRIER	1167	1:02:50	7909	Michael Wood	ROLLS ROYCE HARRIERS
1068	1:01:26	6955	Alastair Hobday	HEANOR RUNNING CLUB	1168	1:02:52	6597	David Cook	CRAWLEY AC
1069	1:01:27	8588	William Johnson	TYNE BRIDGE HARRIERS	1169	1:02:54	7818	Lee Rhodes	RACING TNT
1070	1:01:28	7596	David Crowther	NEWCASTLE STAFFS AC	1170	1:02:54	6435	John Rees	CHARNWOOD A C
1071	1:01:29	6615	James Moore	CROYDON HARRIERS	1171	1:02:54	7918	James Gallacher	ROTHERHAM HARRIERS AND
1072	1:01:30	8257	Patrick Finnegan	SPARKHILL HARRIERS	1172	1:02:56	7798	Barrie Day	PURPLE PATCH RUNNERS
1073	1:01:34	6856	Gary Hunt	GREAT WESTERN RUNNERS	1173	1:02:57	7451	Neil James Kavanagh	LOW FELL RC
1074	1:01:35	8764	Ian Pincher	WOLVERHAMPTON & BILSTO	1174	1:02:58	7810	Darren Wright	QUAKERS RUNNING CLUB
1075	1:01:37	7152	David Egginton	HUNCOTE HARRIERS	1175	1:02:58	7070	James Rossiter	HIGHGATE HARRIERS
1076	1:01:38	8807	Jonathan Meadows	WYE VALLEY RUNNERS	1176	1:02:59	8436	Simon Thornhill	SUTTON RUNNERS
1077	1:01:39	6398	Graham Maynard	CAMBRIDGE HARRIERS	1177	1:02:59	6186	Simon Edwards	BELPER HARRIERS
1078	1:01:40	7275	Chris Carrick	KIPPAX & DISTRICT HARRIER	1178	1:03:00	7458	Dan Winfield	LUTON ATHLETIC CLUB
1079	1:01:40	7032	James Ward	HERNE HILL HARRIERS	1179	1:03:00	7429	Phil Abbott	LONG EATON RUNNING CLUE
1080	1:01:41	6113	Michael Hickey	BASINGSTOKE & MID HANTS	1180	1:03:01	6237	Martin Ludford	BIRMINGHAM RUNNING ATH
1081	1:01:41	7769	Ian Shorrock	PENSBY RUNNERS	1181	1:03:02	8820	Martin Kirby	YORK ACORN RUNNING CLUB
1082	1:01:42	7475	John Mooney	MACCLESFIELD HARRIERS & /	1182	1:03:03	6160	Geoff Pennington	BEESTON AC
1083	1:01:42	8081	Darren Over	SERPENTINE RC	1183	1:03:03	7108	Tom Davies	HOLME PIERREPONT RC
1084	1:01:42	6984	Victor Ray	HERCULES WIMBLEDON AC	1184	1:03:03	7782	Hugh Hood	POOLE AC
1085	1:01:43	7154	Graeme Slight	HUNCOTE HARRIERS	1185	1:03:04	7460	Jim Dawson	LYMM RUNNERS
1086	1:01:44	8415	Shaun Bagley	SUNDERLAND HARRIERS & AI	1186	1:03:04	6365	Sean Rooney	BURNHAM JOGGERS
1087	1:01:44	6825	James Head	GLOUCESTER AC	1187	1:03:07	6002	Jon Bones	ABINGDON AC
1088	1:01:45	8740	Nick Wilson	WIRRAL AC	1188	1:03:09	7886	Dennis Holmes	RIPLEY RUNNING CLUB
1089	1:01:45	7953	Adrian White	RUGBY & NORTHAMPTON AC	1189	1:03:11	8753	Tom Clarke	WOLVERHAMPTON & BILSTO
1090	1:01:46	7658	Mark Garrett	NORWICH ROAD RUNNERS	1190	1:03:12	8355	Stephen King	STEEL CITY STRIDERS RC
1091	1:01:48	7107	Gary Cragg	HOLME PIERREPONT RC	1191	1:03:13	6769	Daniel Hall	ETON MANOR AC
1092	1:01:48	6616	Colin Oxlade	CROYDON HARRIERS	1192	1:03:13	6557	Nicholas Fowler	CLOWNE ROAD RUNNERS CL
1093	1:01:48	6548	Antony Martin	CLEETHORPES AND DISTRICT	1193	1:03:14	6837	Kevin Thomas	GOSFORTH HARRIERS & AC
1094	1:01:48	7389	Pete Crockford	LONDON HEATHSIDE RUNNEI	1194	1:03:14	8254	Tahir Akhtar	SPARKHILL HARRIERS
1095	1:01:50	7491	Robert Kedian	MANCHESTER YMCA HARRIEI	1195	1:03:14	7806	Mark Robinson	QUAKERS RUNNING CLUB
1096	1:01:50	8474	James Malcolm	THAMES VALLEY HARRIERS	1196	1:03:15	7188	Mark Pywell	ISTEAD & IFIELD HARRIERS
1097	1:01:51	7587	Gareth Owens	NEWARK AC	1197	1:03:15	6159	James Isherwood	BEESTON AC
1098	1:01:52	7809	Michael Thompson	QUAKERS RUNNING CLUB	1198	1:03:16	6766	Dave Daugirda	ETON MANOR AC
1099	1:01:52	6808	Barnabas Miller	FULHAM RUNNING CLUB	1199	1:03:17	6926	Brian Miller	HARROGATE HARRIERS & AC
1100	1:01:52	6782	Neil Thompson	FITMUMS AND FRIENDS	1200	1:03:17	8185	Adam Runacres	SLEAFORD STRIDERS AC

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Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1201	1:03:17	7173	Simon Davis	ILKESTON RUNNING CLUB	1301	1:05:06	8259	James Hannon	SPARKHILL HARRIERS
1202	1:03:18	8730	Anthony Devoy	WIRRAL AC	1302	1:05:07	8425	Dean Phillips	SUNDERLAND HARRIERS & A
1203	1:03:18	6611	Matt Kiernan	CROYDON HARRIERS	1303	1:05:07	8765	Richard Preston	WOLVERHAMPTON & BILSTO
1204	1:03:21	8264	Edward O'Neill	SPARKHILL HARRIERS	1304	1:05:08	6095	Mark Wood	BARNSELY ATHLETIC CLUB
1205	1:03:23	7488	Chris Stewart	MANCHESTER HARRIERS & A	1305	1:05:08	7665	Richard Sargeant	NORWICH ROAD RUNNERS
1206	1:03:24	6747	Dave Gibson	ELVET STRIDERS	1306	1:05:11	7671	Ken Allen	NOTTS AC
1207	1:03:25	6943	Keith Galbraith	HARTLEPOOL BURN ROAD H/	1307	1:05:11	8691	Julian Tegg	WEST CHESHIRE ATHLETIC CL
1208	1:03:26	8027	Scott Garrett	SALTWELL HARRIERS	1308	1:05:12	6191	Andrew Nash	BELPER HARRIERS
1209	1:03:26	7525	Dave Lee	MASSEY FERGUSON RC	1309	1:05:13	8519	Ian Crawley	TONBRIDGE AC
1210	1:03:27	8342	Stephen Atkinson	STEEL CITY STRIDERS RC	1310	1:05:13	6558	Richard Hind	CLOWNE ROAD RUNNERS CL
1211	1:03:27	7714	Andrew Harris	NUNEATON HARRIERS	1311	1:05:13	6956	Carl Hughes	HEANOR RUNNING CLUB
1212	1:03:28	8801	Paul Bouston	WYE VALLEY RUNNERS	1312	1:05:14	8504	Robert Sedgley	TIPTON HARRIERS
1213	1:03:29	7554	Peter Scaife	MORPETH HARRIERS & AC	1313	1:05:14	8112	Vinnie Lau	SHEFFIELD HALLAM UNIVERS
1214	1:03:29	8346	Nick Burns	STEEL CITY STRIDERS RC	1314	1:05:15	7968	Frank Cordingley	SALE HARRIERS MANCHESTE
1215	1:03:31	6998	Adam Green	HERMITAGE HARRIERS	1315	1:05:16	7730	Martin Reynolds	ORION HARRIERS
1216	1:03:31	8605	Henry Edwardes-Evans	VALE OF AYLESBURY AC	1316	1:05:17	7526	Peter Paprcka	MASSEY FERGUSON RC
1217	1:03:33	8448	James Hayes	TELFORD AC	1317	1:05:21	8163	Brendan Devlin	SINFIN RUNNING CLUB
1218	1:03:33	7124	John Ewart	HOLMFIRTH HARRIERS AC	1318	1:05:21	6323	John Cooper	BRACKNELL AC
1219	1:03:33	7456	Danny Wade	LOW FELL RC	1319	1:05:22	7120	Steve Tupholme	HOLME PIERREPOND RC
1220	1:03:34	7817	Tim Nadin	RACING TNT	1320	1:05:22	8404	Michael Sheppard	STRATFORD UPON AVON AC
1221	1:03:35	6774	Rob Sommerville	ETON MANOR AC	1321	1:05:23	8531	Richard Puxty	TONBRIDGE AC
1222	1:03:35	6371	Giles Bennett	BURY ATHLETIC CLUB	1322	1:05:24	8471	David Ford	THAMES VALLEY HARRIERS
1223	1:03:36	8279	Stephen Victor Hunt	SPENBOROUGH & DIST AC	1323	1:05:24	7308	Fraser Corry	LEEDS CITY ATHLETIC CLUB
1224	1:03:36	8533	John Ridge	TONBRIDGE AC	1324	1:05:26	7156	Ian Thompson	HUNCOTE HARRIERS
1225	1:03:38	6631	Colin Bates	DARTFORD HARRIERS AC	1325	1:05:26	8330	Adam Morris	STAFFORD HARRIERS
1226	1:03:38	8399	David Battersby	STRATFORD UPON AVON AC	1326	1:05:28	7223	Edgar Aston	KENT AC
1227	1:03:40	6482	David Breingan	CHILTERN HARRIERS AC	1327	1:05:31	6954	Andrew Basey	HEANOR RUNNING CLUB
1228	1:03:40	6051	Graham Harrison	ALTRINCHAM & DISTRICT AC	1328	1:05:32	8208	Matthew Saunders	SOUTH LONDON HARRIERS
1229	1:03:40	6079	Joe Gomes	BARNET & DISTRICT AC	1329	1:05:35	8359	Richard Adrian Pegg	STEEL CITY STRIDERS RC
1230	1:03:42	6718	Paul Peasegood	EALING EAGLES RUNNING CL	1330	1:05:36	8309	Andrew O'Connor	ST HELENS SUTTON AC
1231	1:03:42	8495	Mark Fantom	TIPTON HARRIERS	1331	1:05:37	7349	Simon Young	LINCOLN & DISTRICT RUNNEI
1232	1:03:43	8038	Andrew Softley	SALTWELL HARRIERS	1332	1:05:38	7282	Paul Anthony Cunningham	KNOWSLEY HARRIERS
1233	1:03:43	6622	Graham Garvey	DARLINGTON H & AC	1333	1:05:39	7723	Buddy Green	ORION HARRIERS
1234	1:03:44	7502	Andrew Fox	MANX HARRIERS	1334	1:05:39	8501	Karl Lewis	TIPTON HARRIERS
1235	1:03:44	6656	Oliver Astley	DERWENT RUNNERS (DERBY)	1335	1:05:40	6636	Jon Ives	DARTFORD HARRIERS AC
1236	1:03:45	7713	Christopher Hamer-Hodges	NUNEATON HARRIERS	1336	1:05:43	8572	Richard Longley	TRENTHAM RC
1237	1:03:48	8219	Peter Walker	SOUTH SHIELDS HARRIERS &	1337	1:05:45	7034	David Stephens	HERTS PHOENIX AC
1238	1:03:48	8833	Richard Tarrega	YORK KNAVESMIRE HARRIER	1338	1:05:45	8733	Mark Hughes	WIRRAL AC
1239	1:03:50	8836	Simon Neville	KESWICK AAC	1339	1:05:46	7720	Stuart Colley	ORION HARRIERS
1240	1:03:50	8360	Russell James Stevenson	STEEL CITY STRIDERS RC	1340	1:05:48	7354	Simon MacHin	LINCOLN WELLINGTON ATHL
1241	1:03:53	8675	Andrew Redden	WELLINGBOROUGH & DISTRI	1341	1:05:49	6090	Mark Crofts	BARNSELY ATHLETIC CLUB
1242	1:03:55	8001	Sean Cordell	SALFORD HARRIERS & AC	1342	1:05:49	8328	Darren Mattocks	STAFFORD HARRIERS
1243	1:03:56	8545	Andrew Gates	TOTTON RC	1343	1:05:50	7038	Andrew Bunker	HIGHAM HARRIERS
1244	1:03:56	7959	Andy Wardle	RUSHCLIFFE AC	1344	1:05:53	6489	Simon Clarke	CHORLTON RUNNERS
1245	1:03:58	8031	Phil James	SALTWELL HARRIERS	1345	1:05:54	8223	Neil Yorston	SOUTH SHIELDS HARRIERS &
1246	1:03:58	6193	Andy Paisley	BELPER HARRIERS	1346	1:05:55	6374	Peter Bailey	BUXTON & DISTRICT AC
1247	1:03:58	6192	Robert Norman	BELPER HARRIERS	1347	1:05:56	7388	Justin Costley	LONDON HEATHSIDE RUNNEI
1248	1:04:04	7589	Andrew Tuttle	NEWBURY AC	1348	1:05:58	6836	Richard McQuade	GOSFORTH HARRIERS & AC
1249	1:04:04	8394	Richard Leader	STOWMARKET STRIDERS RC	1349	1:05:59	8128	Gareth Brown	SHELTON STRIDERS
1250	1:04:05	6082	Desmond Michael	BARNET & DISTRICT AC	1350	1:06:00	6399	Mal Pires	CAMBRIDGE HARRIERS
1251	1:04:06	6878	John Hill	HALESOWEN AC	1351	1:06:00	7786	Wayne Walford-Jelks	POOLE AC
1252	1:04:08	6115	Terry Wegg	BASINGSTOKE & MID HANTS	1352	1:06:02	7768	Richard Shayle	PENSBY RUNNERS
1253	1:04:09	6561	Paul Sadler	CLOWNE ROAD RUNNERS CL	1353	1:06:04	7881	Shaun Purkiss-McEndoo	RICHMOND & ZETLAND HARI
1254	1:04:10	8336	Ian Wood	STAFFORD HARRIERS	1354	1:06:04	6436	Nigel Scoggins	CHARNWOOD A C
1255	1:04:12	6717	Thomas Martini	EALING EAGLES RUNNING CL	1355	1:06:06	8532	Duncan Ralph	TONBRIDGE AC
1256	1:04:14	7116	Will Meredith	HOLME PIERREPOND RC	1356	1:06:07	6322	Daniel Wilson	BOURNVILLE HARRIERS
1257	1:04:14	6547	Howard Justice	CLEETHORPES AND DISTRICT	1357	1:06:07	6252	Nicholas Newby	BIRTLEY AC
1258	1:04:16	8175	Paul Wood	SINFIN RUNNING CLUB	1358	1:06:08	8689	Clark Woodhall	WEST BROMWICH HARRIERS
1259	1:04:18	6745	Geoff Davis	ELVET STRIDERS	1359	1:06:10	6838	Paul Davidson	GRANTHAM AC
1260	1:04:18	6490	Benjamin Goodwill	CHORLTON RUNNERS	1360	1:06:11	7496	Jonathan Hardy	MANSFIELD HARRIERS
1261	1:04:19	6844	Arthur Short	GRANTHAM AC	1361	1:06:13	7358	Francis Ward	LINCOLN WELLINGTON ATHL
1262	1:04:19	6598	Neil Fowler	CREWE AND NANTWICH AC	1362	1:06:14	6067	Phil Harding	AVON VALLEY RUNNERS
1263	1:04:20	7883	Simon Withers	RICHMOND & ZETLAND HARI	1363	1:06:15	6478	Neal Trotter	CHICHESTER RUNNERS & AC
1264	1:04:20	7808	Steven Snook	QUAKERS RUNNING CLUB	1364	1:06:16	6521	Eoin Connaughton	CITY OF SHEFFIELD AND DEAI
1265	1:04:21	6917	William Clapp	HARBOROUGH AC	1365	1:06:17	7938	Matt Powell	ROYAL SUTTON COLDFIELD A
1266	1:04:21	7830	Vaughan Ramsay	RANELAGH HARRIERS	1366	1:06:21	6699	Graham Wildgoose	A DUDLEY KINGSWINFORD RC
1267	1:04:22	6671	Ben Elliott	DONCASTER ATHLETIC CLUB	1367	1:06:21	7509	Thomas Comerford	MARSHALL MILTON KEYNES /
1268	1:04:23	7955	Jonathan Maston	RUSHCLIFFE AC	1368	1:06:24	6499	James Abel	CITY OF HULL AC
1269	1:04:26	8325	Ian Charles Hodgkinson	STAFFORD HARRIERS	1369	1:06:25	8419	Gary Fox	SUNDERLAND HARRIERS & A
1270	1:04:27	8822	Ian Smallwood	YORK ACORN RUNNING CLUE	1370	1:06:26	7159	Andrew Wilford	HUNCOTE HARRIERS
1271	1:04:27	8176	Michael Aisbitt	SKELMERSDALE BOUNDARY F	1371	1:06:30	7191	Andy Lindley	IVANHOE RUNNERS
1272	1:04:27	8349	Simeon Cotterell	STEEL CITY STRIDERS RC	1372	1:06:31	7261	Paul Greenwood	KIMBERWORTH STRIDERS
1273	1:04:29	8055	Rich Bartlett	SERPENTINE RC	1373	1:06:34	7890	Mick Wareham	RIPLEY RUNNING CLUB
1274	1:04:32	8613	Brian Dooley	VALE ROYAL AC	1374	1:06:34	8663	Marcus Edwards	WATFORD JOGGERS
1275	1:04:32	6963	Ian Salt	HEANOR RUNNING CLUB	1375	1:06:35	6923	Graeme Rolfe	HARBOROUGH AC
1276	1:04:32	8608	Alan Roberts	VALE OF AYLESBURY AC	1376	1:06:35	8216	David Myers	SOUTH SHIELDS HARRIERS &
1277	1:04:34	8442	Mark Ison	TEAM DERBY RUNNER	1377	1:06:36	6042	Mark O'Rourke	ALDRIDGE RC
1278	1:04:36	8012	Andrew Martin	SALFORD HARRIERS & AC	1378	1:06:40	8570	John Guest	TRENTHAM RC
1279	1:04:37	6831	Steven Bond	GOSFORTH HARRIERS & AC	1379	1:06:40	8682	Alan Glasgow	WESHAM ROAD RUNNERS &
1280	1:04:38	6629	Darren Stockdale	DARLINGTON H & AC	1380	1:06:40	6218	Christopher Collis	BIRCHFIELD HARRIERS
1281	1:04:39	7423	Rob Shulman	LONDON HEATHSIDE RUNNEI	1381	1:06:43	8310	Ian White	ST HELENS SUTTON AC
1282	1:04:39	8756	Robert Edwards	WOLVERHAMPTON & BILSTO	1382	1:06:43	8768	Lionel Spittle	WOLVERHAMPTON & BILSTO
1283	1:04:40	6364	Mark Moore	BURNHAM JOGGERS	1383	1:06:44	6725	Philip York	EALING SOUTHALL & MIDDLE
1284	1:04:41	8161	Richard Boyer	SINFIN RUNNING CLUB	1384	1:06:45	8178	Paul Cheetham	SKELMERSDALE BOUNDARY F
1285	1:04:42	8593	Matt Walker	TYNE BRIDGE HARRIERS	1385	1:06:47	7862	Neil Hamilton	REIGATE PRIORY AC
1286	1:04:44	7574	Paul Parkin	NENE VALLEY HARRIERS	1386	1:06:49	8034	Chris Redfern	SALTWELL HARRIERS
1287	1:04:44	7629	Richard Corker	NORTH DERBYSHIRE RC	1387	1:06:50	8410	Nick Crane	STUBBINGTON GREEN RUNN
1288	1:04:45	7465	Terry Hellings	LYTHAM ST ANNES RR CLUB	1388	1:06:52	7912	Stephen Radcliffe	ROSSENDALE HARRIERS & AC
1289	1:04:47	7535	Nigel Barnbrook	MIDDLESBROUGH & CLEVELA	1389	1:06:53	6315	Dave Powner	BOURNVILLE HARRIERS
1290	1:04:48	6771	Ian Lambert	ETON MANOR AC	1390	1:06:54	6639	Ralph Barker	DENBY DALE TRAVELLERS
1291	1:04:49	6780	Andrew Pay	FITMUMS AND FRIENDS	1391	1:06:55	7160	Derek Darnell	HUNTINGDONSHIRE AC
1292	1:04:50	7151	Martin Coley	HUNCOTE HARRIERS	1392	1:06:56	7799	Adewale Kadiri	PURPLE PATCH RUNNERS
1293	1:04:52	7469	Graham Webster	LYTHAM ST ANNES RR CLUB	1393	1:06:57	7122	Simon Barrans	HOLMFIRTH HARRIERS AC
1294	1:04:55	8308	Jake Healy	ST HELENS SUTTON AC	1394	1:06:58	7528	Dean Semple	MASSEY FERGUSON RC
1295	1:04:56	6960	Ian Parker	HEANOR RUNNING CLUB	1395	1:06:59	7129	Robert Robinson	HOLMFIRTH HARRIERS AC
1296	1:04:57	7454	Garry Paterson	LOW FELL RC	1396	1:07:02	8189	Paul Lloyd	SOLIHULL & SMALL HEATH A
1297	1:04:58	6689	Mark Judge	DUDLEY KINGSWINFORD RC	1397	1:07:04	7462	Michael Smith	LYMM RUNNERS
1298	1:05:01	8835	Matthew Hooton	LONG Eaton RUNNING CLUE	1398	1:07:05	6105	David Robson	BARROW RUNNERS
1299	1:05:02	6748	Mike Hughes	ELVET STRIDERS	1399	1:07:08	8265	Simon Outwiate	SPARKHILL HARRIERS
1300	1:05:06	8332	Mark Oliver	STAFFORD HARRIERS	1400	1:07:10	6865	Matthew Lythell	GUILDFORD & GODALMING /

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Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1401	1:07:11	7333	Andrew Howarth	LEIGH HARRIERS & AC	1501	1:10:10	8579	Mel Taylor	TUNBRIDGE WELLS HARRIERS
1402	1:07:11	7887	Carl Hopkinson	RIPLEY RUNNING CLUB	1502	1:10:13	6741	Stephen Tichopad	EAST HULL HARRIERS & AC
1403	1:07:14	8674	Martin Newton	WELLINGBOROUGH & DISTRICT	1503	1:10:14	6644	Richard Howard	DENBY DALE TRAVELLERS
1404	1:07:14	6078	Scott Fraser	BARNET & DISTRICT AC	1504	1:10:19	7586	Robert Orgill	NEWARK AC
1405	1:07:14	6197	Malcolm Weir	BELPER HARRIERS	1505	1:10:20	8680	Geoffrey Walden	WERRINGTON JOGGERS
1406	1:07:15	6324	Alistair Enser	BRACKNELL AC	1506	1:10:24	6464	Darren Knight	CHESAPEAKE ROAD RUNNER
1407	1:07:17	8796	Glynn Parker	WREAKE AND SOAR VALLEY A	1507	1:10:27	8678	Andrew Rawlins	WERRINGTON JOGGERS
1408	1:07:18	7258	Andrew Clawson	KETTERING TOWN HARRIERS	1508	1:10:27	7233	Andrew Gardiner	KENT AC
1409	1:07:19	7812	Joseph Booth	QUEEN'S PARK HARRIERS	1509	1:10:31	7095	Martin Searle	HILLINGDON AC
1410	1:07:24	7895	Norman Eames	ROCHDALE HARRIERS & AC	1510	1:10:36	8667	Robert Kenison	WATFORD JOGGERS
1411	1:07:24	6628	Michael Sangster	DARLINGTON H & AC	1511	1:10:39	6850	Andrew MacAllister	GRANTHAM RUNNING CLUB
1412	1:07:25	7848	Clive Greyson	REDHILL ROAD RUNNERS	1512	1:10:40	8125	Stephen Tanner	SHEFFIELD RC
1413	1:07:25	6248	Lee Drummond	BIRTLEY AC	1513	1:10:41	7805	Paul Roberts	QUAKERS RUNNING CLUB
1414	1:07:26	8568	Dale Colclough	TRENTHAM RC	1514	1:10:43	8179	William Dalton	SKELMERSDALE BOUNDARY F
1415	1:07:30	8540	Charles Whitmore	TONBRIDGE AC	1515	1:10:46	6958	Eamon O'Hanlon	HEANOR RUNNING CLUB
1416	1:07:33	6006	Richard Smart	ACKWORTH ROAD RUNNERS	1516	1:10:46	6732	Martin Lewis	EAST CHESHIRE HARRIERS & T
1417	1:07:35	6744	Michael Bennett	ELVET STRIDERS	1517	1:10:47	8041	Richard Townsend	SALTWELL HARRIERS
1418	1:07:35	8273	Kenny Forster	SPECTRUM STRIDERS	1518	1:10:47	8754	Duncan Davies	WOLVERHAMPTON & BILSTO
1419	1:07:38	6565	Philip Dawson	CONGLETON HARRIERS	1519	1:10:48	6545	Andrew Gristwood	CLEETHORPES AND DISTRICT
1420	1:07:40	8075	Sammy Li	SERPENTINE RC	1520	1:10:49	8422	Barry Marlee	SUNDERLAND HARRIERS & A
1421	1:07:42	7083	Jeremy Collis	HILLINGDON AC	1521	1:10:52	7846	Michael Drury	REDHILL ROAD RUNNERS
1422	1:07:43	8433	Paul McFarlane	SUTTON RUNNERS	1522	1:10:56	6887	Heath Reilly	HALIFAX HARRIERS & AC
1423	1:07:46	7187	Darren Harger	ISTEAD & IFIELD HARRIERS	1523	1:10:58	7598	Charles Larsson	NEWCASTLE STAFFS AC
1424	1:07:48	7235	Neil Gordon-Orr	KENT AC	1524	1:10:59	6461	Paul Fentem	CHESAPEAKE ROAD RUNNER
1425	1:07:49	6661	Mike McGuinn	DERWENT RUNNERS (DERBY)	1525	1:11:02	7891	Ian Warton-Woods	RIPLEY RUNNING CLUB
1426	1:07:49	6781	Graeme Smith	FITMUMS AND FRIENDS	1526	1:11:03	6468	Stuart Shipley	CHESAPEAKE ROAD RUNNER
1427	1:07:49	6778	Mark Gronow	FITMUMS AND FRIENDS	1527	1:11:05	7474	David Larkin	MACCLESFIELD HARRIERS & J
1428	1:07:54	6422	Neil Prentice	CENTURION RC	1528	1:11:06	7814	James Huntingdon	RACING TNT
1429	1:07:56	8703	David Day	WHITE HORSE HARRIERS	1529	1:11:07	7459	Jamie Bradbury	LYMM RUNNERS
1430	1:07:57	7066	Gregory O'Toole	HIGHGATE HARRIERS	1530	1:11:09	6723	Steve Plested	EALING SOUTHALL & MIDDLE
1431	1:07:59	8777	Alistair Holford	WOODFORD GREEN AC WITH	1531	1:11:10	7527	Graham Patton	MASSEY FERGUSON RC
1432	1:08:00	8362	Adam Taylor	STEEL CITY STRIDERS RC	1532	1:11:11	8343	Mark Bagley	STEEL CITY STRIDERS RC
1433	1:08:00	8612	John Clarke	VALE ROYAL AC	1533	1:11:12	7302	Graham Roberts	LEAMINGTON CYCLING AND
1434	1:08:02	7645	David Michael Gilmore	NORTH SHIELDS POLYTECHNI	1534	1:11:14	7829	Mike Peace	RANELAGH HARRIERS
1435	1:08:03	7196	Steve Carter	KEIGHLEY & CRAVEN AC	1535	1:11:20	6556	Ian Brookes	CLOWNE ROAD RUNNERS CL
1436	1:08:06	7595	Mark Cotton	NEWCASTLE STAFFS AC	1536	1:11:26	8047	David Graham	SEDGEMOUNT HARRIERS
1437	1:08:07	7158	Chris Unwin	HUNCOTE HARRIERS	1537	1:11:26	8655	Derek McArdle	WALLASEY ATHLETIC CLUB
1438	1:08:08	7822	Robert Curtis	RANELAGH HARRIERS	1538	1:11:29	7599	Kevin Oakley	NEWCASTLE STAFFS AC
1439	1:08:09	7754	Xavier Laurent	OXFORD UNIVERSITY AC	1539	1:11:32	7081	Robert Burton	HILLINGDON AC
1440	1:08:13	8420	Mustafa Gun	SUNDERLAND HARRIERS & A	1540	1:11:38	7789	Michael Brown	PRESTON HARRIERS
1441	1:08:13	8456	Martin Skehan	TELFORD HARRIERS	1541	1:11:45	8401	James Deacon	STRATFORD UPON AVON AC
1442	1:08:14	8741	Terry Alabaster	WITHAM RC	1542	1:11:52	6183	Nick Bates	BELPER HARRIERS
1443	1:08:18	8033	Peter Mullarkey	SALTWELL HARRIERS	1543	1:11:54	6662	Matthew Mousley	DERWENT RUNNERS (DERBY)
1444	1:08:19	7239	Bernie Hutchinson	KENT AC	1544	1:12:06	8262	Robert Mills	SPARKHILL HARRIERS
1445	1:08:22	6378	Stefan Ledin	BUXTON & DISTRICT AC	1545	1:12:09	6184	Tim Bournsnel	BELPER HARRIERS
1446	1:08:24	8514	Anthony Cohen	TONBRIDGE AC	1546	1:12:12	7897	Kevin McGilvray	ROCHDALE HARRIERS & AC
1447	1:08:26	6397	Ian Marshall	CAMBRIDGE HARRIERS	1547	1:12:14	8660	Paul Thelwell	WALLASEY ATHLETIC CLUB
1448	1:08:27	6957	Matthew Jackson	HEANOR RUNNING CLUB	1548	1:12:17	7804	Graham Park	QUAKERS RUNNING CLUB
1449	1:08:27	7885	Robert Coates	RIPLEY RUNNING CLUB	1549	1:12:18	8838	Ryan Blake	ILKESTON RUNNING CLUB
1450	1:08:27	6477	Dave Reading	CHICHESTER RUNNERS & AC	1550	1:12:24	8536	Mark Schofield	TONBRIDGE AC
1451	1:08:33	8802	Paul Davies	WYE VALLEY RUNNERS	1551	1:12:26	8190	Nick Martin	SOLIHULL & SMALL HEATH A
1452	1:08:33	7534	Trevor Baker	MIDDLESBROUGH & CLEVELA	1552	1:12:38	7852	Martyn McHale	REDHILL ROAD RUNNERS
1453	1:08:35	6225	Stephen McCann	BIRCHFIELD HARRIERS	1553	1:12:40	8201	Tim Cooke	SOUTH LONDON HARRIERS
1454	1:08:36	7694	Richard Mitson	NOTTS AC	1554	1:12:42	6637	Jason Marchant	DARTFORD HARRIERS AC
1455	1:08:36	7668	Neil Walpole	NORWICH ROAD RUNNERS	1555	1:12:43	8757	Neil Grey	WOLVERHAMPTON & BILSTO
1456	1:08:38	7627	Steve Bennett	NORTH DERBYSHIRE RC	1556	1:12:44	6099	David Harley	BARROW RUNNERS
1457	1:08:39	8284	Wayne Broadbent	SPHINX AC	1557	1:12:49	8782	Trevor Powell	WOODFORD GREEN AC WITH
1458	1:08:41	6353	Philip Anderson	BROMSGROVE & REDDITCH	1558	1:12:54	7493	Mike O'Brien	MANCHESTER YMCA HARRIE
1459	1:08:44	7762	Nigel Crompton	PENSBY RUNNERS	1559	1:13:00	8643	Steven Armstrong	WALLASEY ATHLETIC CLUB
1460	1:08:46	7080	John Bignell	HILLINGDON AC	1560	1:13:00	8544	Malcolm Ward	TOTLEY AC
1461	1:08:46	7109	Joseph Eccles	HOLME PIERREPOINT RC	1561	1:13:05	6660	Stuart Mason	DERWENT RUNNERS (DERBY)
1462	1:08:50	7958	David Sweet	RUSHCLIFFE AC	1562	1:13:06	7090	John Luscombe	HILLINGDON AC
1463	1:08:51	6801	Steve Taylor	FORMULA ONE CIRCUIT CREV	1563	1:13:10	8077	Peter MacKintosh	SERPENTINE RC
1464	1:08:52	6421	Andy Matthews	CENTURION RC	1564	1:13:11	7263	Michael Jackson	KIMBERWORTH STRIDERS
1465	1:08:56	6855	John Hargreaves	GREAT WESTERN RUNNERS	1565	1:13:15	8035	Darren Smiley	SALTWELL HARRIERS
1466	1:08:58	7119	Robert Stewart	HOLME PIERREPOINT RC	1566	1:13:19	6674	Nathan Robinson	DONCASTER ATHLETIC CLUB
1467	1:08:59	7437	John Hay	LONG EATON RUNNING CLUE	1567	1:13:19	6071	Richard Nerwman	AVON VALLEY RUNNERS
1468	1:09:00	8324	Anthony Haycock	STAFFORD HARRIERS	1568	1:13:21	6039	Richard Lodge	ALDRIDGE RC
1469	1:09:00	6812	Simen Ruge	FULHAM RUNNING CLUB	1569	1:13:26	8391	Nick Hammond	STOWMARKET STRIDERS RC
1470	1:09:02	6001	Russell Tuffin	4LIFE TRIATHLON CLUB	1570	1:13:27	6361	Mick Driver	BURNHAM JOGGERS
1471	1:09:03	7225	Michael Barlow	KENT AC	1571	1:13:28	6003	Steven Dennis	ACKWORTH ROAD RUNNERS
1472	1:09:06	7279	Simon Smith	KIRKSTALL HARRIERS	1572	1:13:30	8277	Grant Cooper	SPENBOROUGH & DIST AC
1473	1:09:08	7262	Nils Hofmann	KIMBERWORTH STRIDERS	1573	1:13:31	8767	Fred Smith	WOLVERHAMPTON & BILSTO
1474	1:09:09	6693	Stephen Parr	DUDLEY KINGSWINFORD RC	1574	1:13:33	7157	Martin Towers	HUNCOTE HARRIERS
1475	1:09:12	7133	Christopher Lee	HORSHAM BLUE STAR HARRI	1575	1:13:35	8797	John Skevington	WREAKE AND SOAR VALLEY F
1476	1:09:13	7712	Peter Greenfield	NUNEATON HARRIERS	1576	1:13:36	6591	Martin Slevin	COVENTRY GODIVA HARRIER
1477	1:09:15	7398	Carl Heap	LONDON HEATHSIDE RUNNER	1577	1:13:38	6038	Simon Hudson	ALDRIDGE RC
1478	1:09:16	6280	Colin Hodgson	BLACKHILL BOUNDERS	1578	1:13:48	8213	William Humphrey	SOUTH SHIELDS HARRIERS &
1479	1:09:18	7984	Timothy Rainey	SALE HARRIERS MANCHESTER	1579	1:13:53	8699	James Winstone	WESTBURY HARRIERS
1480	1:09:22	6268	Nicolas Corry	BLACKHEATH AND BROMLEY	1580	1:13:54	8215	Owen McGarrell	SOUTH SHIELDS HARRIERS &
1481	1:09:25	8347	Trevor Burton	STEEL CITY STRIDERS RC	1581	1:13:54	7485	Michael Cunningham	MANCHESTER HARRIERS & A
1482	1:09:26	8743	Keith Taylor	WITHAM RC	1582	1:13:57	7440	James Scholes	LONGWOOD HARRIERS AC
1483	1:09:31	6882	James Parker	HALESOWEN AC	1583	1:13:58	7285	Andrew Glen	KNOWSLEY HARRIERS
1484	1:09:35	6245	Brian Bailes	BIRTLEY AC	1584	1:14:00	7800	Robert Streeter	PURPLE PATCH RUNNERS
1485	1:09:35	6473	Thomas Blaylock	CHICHESTER RUNNERS & AC	1585	1:14:01	8506	John Stroulger	TIPTON HARRIERS
1486	1:09:36	6491	Jon Harrison	CHORLTON RUNNERS	1586	1:14:12	6005	John Moran	ACKWORTH ROAD RUNNERS
1487	1:09:37	8799	Gareth Tomlinson	WREAKE RUNNERS	1587	1:14:19	8819	Mark Estienne	YORK ACORN RUNNING CLUE
1488	1:09:38	6092	Mark Hurrell	BARNSELY ATHLETIC CLUB	1588	1:14:20	7278	Kieran O'Brien	KIRKSTALL HARRIERS
1489	1:09:43	8198	Nigel Bush	SOUTH LONDON HARRIERS	1589	1:14:24	8029	Graham Harrison	SALTWELL HARRIERS
1490	1:09:46	6377	Richard Goff	BUXTON & DISTRICT AC	1590	1:14:27	6851	Liam Vincent	GRANTHAM RUNNING CLUB
1491	1:09:52	8688	Steve Green	WEST BROMWICH HARRIERS	1591	1:14:29	6642	Philip Ellis	DENBY DALE TRAVELLERS
1492	1:09:54	8676	Mark Viccars	WELLINGBOROUGH & DISTRI	1592	1:14:31	7604	Paul Wakefield	NEWCASTLE STAFFS AC
1493	1:09:57	7960	Tom York	RUSHCLIFFE AC	1593	1:14:31	7362	David Nottidge	LINGFIELD RC
1494	1:09:59	7000	Ben Neale	HERMITAGE HARRIERS	1594	1:14:32	6638	Craig Sharp	DARTFORD HARRIERS AC
1495	1:09:59	6768	Adrian Frost	ETON MANOR AC	1595	1:14:35	8447	Daron Fincham	TELFORD AC
1496	1:10:03	7202	Pavan Ayyalasamayajul	KENILWORTH RUNNERS	1596	1:14:42	8746	Russell Blair	WOLVERHAMPTON & BILSTO
1497	1:10:04	6363	Gary Heron	BURNHAM JOGGERS	1597	1:14:42	6426	Leonard Wallace	CENTURION RC
1498	1:10:05	6740	David Playforth	EAST HULL HARRIERS & AC	1598	1:14:44	6848	Neil Emerson	GRANTHAM RUNNING CLUB
1499	1:10:06	6469	Andrew Softley	CHESAPEAKE ROAD RUNNER	1599	1:14:47	7174	David Feely	ILKESTON RUNNING CLUB
1500	1:10:06	8255	Mark Arnold	SPARKHILL HARRIERS	1600	1:14:48	7903	Gavin Chadwick	ROLLS ROYCE HARRIERS

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Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1601	1:14:56	7767	Gordon Scholefield	PENSBY RUNNERS	1701	1:24:20	8045	Andrew Corfield	SEDFIELD HARRIERS
1602	1:14:57	6714	Geoff Watson	DURHAM CITY HARRIERS & A	1702	1:24:25	6486	Philip McCullagh	CHORLEY HARRIERS & TRI
1603	1:15:01	6368	Paul Mathie	BURTON AC	1703	1:24:29	8752	Paul Clarke	WOLVERHAMPTON & BILSTO
1604	1:15:07	8272	Michael Charman	SPECTRUM STRIDERS	1704	1:25:12	7803	David Ledgerwood	QUAKERS RUNNING CLUB
1605	1:15:08	7893	Matthew Cox	ROCHDALE HARRIERS & AC	1705	1:25:30	8645	Pete Brunt	WALLASEY ATHLETIC CLUB
1606	1:15:13	6501	Carl Horth	CITY OF HULL AC	1706	1:25:49	7776	Donald Sinclair	PITSEA RC
1607	1:15:15	6610	Norman Hemming	CROYDON HARRIERS	1707	1:26:20	7292	Michael Aston	LEAMINGTON CYCLING AND
1608	1:15:15	8236	Mathew Gillard	SOUTHEND ON SEA AC	1708	1:26:47	6015	William Nigel Davies	ALDERSHOT FARNHAM & DIS
1609	1:15:17	6716	Baljit Dhandu	EALING EAGLES RUNNING CL	1709	1:26:47	6013	Tony Davies	ALDERSHOT FARNHAM & DIS
1610	1:15:17	8207	Steve Rigby	SOUTH LONDON HARRIERS	1710	1:27:02	7676	Nicholas Clarke	NOTTS AC
1611	1:15:20	8321	Craig Baxter	STAFFORD HARRIERS	1711	1:27:09	7467	Greg Oulton	LYTHAM ST ANNES RR CLUB
1612	1:15:23	7884	Jerry Bateman	RIPLEY RUNNING CLUB	1712	1:27:40	8473	Simon Maddison	THAMES VALLEY HARRIERS
1613	1:15:25	6305	John Cheel	BOURNVILLE HARRIERS	1713	1:29:23	6567	Stephen Pullen	CONGLETON HARRIERS
1614	1:15:30	8837	Tom Davies	SOUTH SHIELDS HARRIERS &	1714	1:30:13	7732	Sean O'Halloran	OTLEY AC
1615	1:15:31	7297	Rupe Chahal	LEAMINGTON CYCLING AND.	1715	1:30:38	7086	Brian Feldman (NS)	HILLINGDON AC
1616	1:15:32	7763	Colin Lamprey	PENSBY RUNNERS	1716	1:31:27	7490	Stephen Ingham	MANCHESTER YMCA HARRIEI
1617	1:15:34	7494	Stephen Symons	MANCHESTER YMCA HARRIEI	1717	1:32:20	8214	Kenneth McDonald	SOUTH SHIELDS HARRIERS &
1618	1:15:37	6369	Paul Smith	BURTON AC	1718	1:34:03	7101	Alan Wells	HILLINGDON AC
1619	1:15:39	7463	Steve Ashton	LYTHAM ST ANNES RR CLUB	1719	1:36:19	8168	Tim Pope	SINFIN RUNNING CLUB
1620	1:15:42	8036	David Smith	SALTWELL HARRIERS	1720	1:37:22	8661	Rolf Westrum	WALLASEY ATHLETIC CLUB
1621	1:15:50	8510	Steven Brooks	TONBRIDGE AC	1721	1:37:45	8212	Christopher Gilmore	SOUTH SHIELDS HARRIERS &
1622	1:15:52	8131	David Duffy	SHELTON STRIDERS	1722	1:38:14	6841	Philip Hall	GRANTHAM AC
1623	1:15:55	8260	Craig Hinks	SPARKHILL HARRIERS	1723	1:39:52	7778	Peter Cornes	POOLE AC
1624	1:16:01	8390	Steve Gray	STOWMARKET STRIDERS RC	1724	1:40:10	8434	Jonathan Pegg	SUTTON RUNNERS
1625	1:16:05	7185	John Allen	ISTEAD & IFIELD HARRIERS	1725	1:42:10	6251	Barry Murray	BIRTLEY AC
1626	1:16:07	8700	Raj Madhas	WHARFEDALE HARRIERS	1726	1:42:12	6541	Jimmy Dutch	CLEETHORPES AND DISTRICT
1627	1:16:13	8184	Matthew Lennard	SLEAFORD STRIDERS AC	1727	1:43:11	6466	Philip Sharp	CHESAPEAKE ROAD RUNNER:
1628	1:16:23	6194	Robert Pearce	BELPER HARRIERS	1728	1:45:56	6550	Jason Neilson	CLEETHORPES AND DISTRICT
1629	1:16:28	6075	John Clarke	BARNET & DISTRICT AC	1729	1:49:47	7272	David Teedon	KINGS HEATH RC - THE LIONS
1630	1:16:29	6643	Peter Frankland	DENBY DALE TRAVELLERS	1730	1:57:41	6973	George Routledge	HEATON HARRIERS & AC
1631	1:16:37	8293	Michael Jack	ST ALBANS STRIDERS					
1632	1:16:47	8323	Roy Clay	STAFFORD HARRIERS					
1633	1:16:54	6760	Steve Adams	ETON MANOR AC					
1634	1:17:01	6083	John Owen	BARNET & DISTRICT AC					
1635	1:17:01	8042	Frank Wilkinson	SALTWELL HARRIERS					
1636	1:17:04	8385	Paul Bradley	STOURBRIDGE RC					
1637	1:17:05	8256	Anthony Edwards	SPARKHILL HARRIERS					
1638	1:17:05	6544	Daniel Gelder	CLEETHORPES AND DISTRICT					
1639	1:17:06	7205	Tom Dable	KENILWORTH RUNNERS					
1640	1:17:18	8171	Paul Stevenson	SINFIN RUNNING CLUB					
1641	1:17:31	7849	Michael Horn	REDHILL ROAD RUNNERS					
1642	1:17:39	8494	Paul Dolan	TIPTON HARRIERS					
1643	1:17:39	8024	Nazir Bashir	SALTWELL HARRIERS					
1644	1:17:41	7479	Mark Wheelton	MACCLESFIELD HARRIERS & /					
1645	1:17:49	8603	Brian MacKey	UTTOXETER ROAD RUNNERS					
1646	1:17:57	7434	Damian Cowlishaw	LONG EATON RUNNING CLUE					
1647	1:17:58	8546	Mike Mills	TOTTON RC					
1648	1:18:03	6470	Robert Softley	CHESAPEAKE ROAD RUNNER:					
1649	1:18:05	6623	Iain Girard	DARLINGTON H & AC					
1650	1:18:12	6033	Leigh Ally	ALDRIDGE RC					
1651	1:18:16	8435	Sujan Shrestha	SUTTON RUNNERS					
1652	1:18:19	8403	Neil Musk	STRATFORD UPON AVON AC					
1653	1:18:25	7654	Neil Bunnage	NORWICH ROAD RUNNERS					
1654	1:18:30	7348	Fred Watt	LEIGHTON BUZZARD ATHLETI					
1655	1:18:31	8263	Kevin Morris	SPARKHILL HARRIERS					
1656	1:18:35	6187	Simon Hackett	BELPER HARRIERS					
1657	1:18:38	8186	Ian Scott	SLEAFORD STRIDERS AC					
1658	1:18:47	6568	Robert Soames	CONGLETON HARRIERS					
1659	1:18:55	7952	John Saw	RUGBY & NORTHAMPTON AC					
1660	1:18:57	8839	Runner 8839	SENIOR MEN SPARE					
1661	1:19:02	8634	Peter Simpson	VEGAN RUNNERS UK					
1662	1:19:07	8106	Ray Powell	SHAFTESBURY BARNET HARR					
1663	1:19:10	6630	Mark Tallon	DARLINGTON H & AC					
1664	1:19:11	6620	David Aiken	DARLINGTON H & AC					
1665	1:19:19	7356	George Shuttleworth	LINCOLN WELLINGTON ATHL					
1666	1:19:25	8278	Michael Dransfield	SPENBOROUGH & DIST AC					
1667	1:19:31	6458	Richard Apaya	CHESAPEAKE ROAD RUNNER:					
1668	1:19:34	7688	Steven Leek	NOTTS AC					
1669	1:19:39	8751	Rob Challoner	WOLVERHAMPTON & BILSTO					
1670	1:19:46	8393	Paul Heeks	STOWMARKET STRIDERS RC					
1671	1:19:51	7102	Graham Wood	HILLINGDON AC					
1672	1:20:02	7664	Anthony Millett	NORWICH ROAD RUNNERS					
1673	1:20:16	6120	Robert Holt	BEAUMONT RC					
1674	1:20:18	6690	Peter Krivovic	DUDLEY KINGSWINFORD RC					
1675	1:20:22	7170	Colin Matthews	HYDE VILLAGE STRIDERS					
1676	1:20:26	7184	Neil Carter	IPSWICH JAFFA RC					
1677	1:20:36	8520	Frank Czarnowski	TONBRIDGE AC					
1678	1:20:41	6994	Kevin Borley	HERMITAGE HARRIERS					
1679	1:20:42	6500	Graham Cook	CITY OF HULL AC					
1680	1:20:42	7774	Peter McLaughlin	PITSEA RC					
1681	1:20:49	6420	Adrian Lloyd	CENTURION RC					
1682	1:20:52	6481	Trevor Brawn	CHILTERN HARRIERS AC					
1683	1:20:59	6319	Paul Samuels	BOURNVILLE HARRIERS					
1684	1:21:01	6658	Rob Dymond	DERWENT RUNNERS (DERBY)					
1685	1:21:46	7217	Stefan Shillington	KENILWORTH RUNNERS					
1686	1:21:48	7477	David Shoesmith	MACCLESFIELD HARRIERS & /					
1687	1:21:56	6037	Lawrence Hewitt	ALDRIDGE RC					
1688	1:22:00	6995	Eddie Byrne	HERMITAGE HARRIERS					
1689	1:22:00	6686	Mathew Hawker	DUDLEY KINGSWINFORD RC					
1690	1:22:03	8162	John Bush	SINFIN RUNNING CLUB					
1691	1:22:12	7206	Sagar Depala	KENILWORTH RUNNERS					
1692	1:22:27	7807	James Simpson	QUAKERS RUNNING CLUB					
1693	1:22:43	6779	Stephen Meyerhoff	FITMUMS AND FRIENDS					
1694	1:22:47	7457	Paul Brooks	LUTON ATHLETIC CLUB					
1695	1:22:58	8392	Craig Hawkins	STOWMARKET STRIDERS RC					
1696	1:23:22	6735	Martin McGann	EAST CHESHIRE HARRIERS &					
1697	1:23:35	8335	Edwin Smith	STAFFORD HARRIERS					
1698	1:23:41	7908	Steve Wakefield	ROLLS ROYCE HARRIERS					
1699	1:23:52	7432	Colin Bostock	LONG EATON RUNNING CLUE					
1700	1:24:09	6606	Ross Turner	CROOK & DIST SPORTS AC					

2016 National XC - Senior Men Interim

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
Team Results:					85	5309	SALTWELL	HARRIERS	(522 676 777 1010 1116 1208)
1	130	MORPETH	HARRIERS & AC	(3 6 16 30 35 40)	86	5388	CROYDON	HARRIERS	(383 677 962 1071 1092 1203)
2	307	NOTTS	AC	(11 39 44 49 79 85)	87	5424	ETON	MANOR AC	(453 755 889 938 1191 1198)
3	326	SALE	HARRIERS MANCHESTER	(5 18 19 48 100 136)	88	5445	CLEETHORPES AND DISTRICT	AC	(584 805 886 973 1093 1104)
4	336	HIGHGATE	HARRIERS	(4 46 54 56 57 119)	89	5510	EAST CHESHIRE	HARRIERS & TAM	(303 385 723 887 1516 1696)
5	431	LEEDS CITY	ATHLETIC CLUB	(36 37 45 93 102 118)	90	5554	HOLMFIRTH	HARRIERS AC	(699 751 827 921 1138 1218)
6	452	HALLAMSHIRE	HARRIERS SHEFFIE	(21 34 63 76 117 141)	91	5611	NENE VALLEY	HARRIERS	(577 888 925 930 1005 1286)
7	497	SHAFTESBURY	BARNET HARRIERS	(12 13 62 91 154 165)	92	5663	DERWENT	RUNNERS (DERBY)	(596 712 739 956 1235 1425)
8	610	BEDFORD & COUNTY	AC	(17 31 112 142 152 156)	93	5828	WYE VALLEY	RUNNERS	(496 795 1076 1105 1144 1212)
9	643	SERPENTINE	RC	(53 74 111 128 132 145)	94	5845	HERMITAGE	HARRIERS	(351 752 999 1034 1215 1494)
10	772	KENT	AC	(26 81 88 169 188 220)	95	5849	STOWMARKET	STRIDERS RC	(591 896 940 1051 1122 1249)
11	781	TONBRIDGE	AC	(61 77 97 147 197 202)	96	6002	NEWARK	AC	(781 965 996 1037 1097 1126)
12	867	CHELTENHAM AND COUNTY	HAR	(22 24 123 213 230 255)	97	6026	DENBY DALE	TRAVELLERS	(533 708 749 1143 1390 1503)
13	894	THAMES VALLEY	HARRIERS	(9 23 42 148 183 489)	98	6057	TRENTHAM	RC	(572 880 941 950 1336 1378)
14	983	WOODFORD GREEN AC WITH	ESS	(83 84 157 198 222 239)	99	6143	SOUTH LONDON	HARRIERS	(491 813 873 1149 1328 1489)
15	1072	NEWHAM & ESSEX	BEAGLES AC	(25 51 116 175 259 446)	100	6244	WATFORD	JOGGERS	(466 705 1043 1146 1374 1510)
16	1189	HERCULES	WIMBLEDON AC	(109 137 166 207 242 328)	101	6264	AVON VALLEY	RUNNERS	(589 872 931 943 1362 1567)
17	1397	CHARNWOOD	A C	(82 171 180 251 352 361)	102	6324	GOSFORTH	HARRIERS & AC	(832 976 998 1046 1193 1279)
18	1401	OWLS AC	LEICESTER	(108 146 199 278 296 374)	103	6362	BELPER	HARRIERS	(499 1066 1127 1177 1246 1247)
19	1444	BRISTOL AND WEST AC (EST.	188	(14 47 64 375 415 529)	104	6368	BUXTON & DISTRICT	AC	(373 594 1120 1346 1445 1490)
20	1506	HERNE HILL	HARRIERS	(121 190 214 313 319 349)	105	6418	MASSEY	FERGUSON RC	(801 919 1013 1160 1209 1316)
21	1522	ALDERSHOT	FARNHAM & DISTRIC	(1 178 283 317 333 410)	106	6449	CHORLTON	RUNNERS	(516 883 960 1260 1344 1486)
22	1682	BLACKHEATH AND BROMLEY	HAR	(204 216 286 293 335 348)	107	6449	ROLLS ROYCE	HARRIERS	(391 536 1057 1167 1600 1698)
23	1685	LONDON HEATHSIDE	RUNNERS A	(28 267 279 336 376 399)	108	6511	BARNESLEY	ATHLETIC CLUB	(700 750 928 1304 1341 1488)
24	1798	HILLINGDON	AC	(162 200 253 280 445 458)	109	6568	PENSBY	RUNNERS	(804 915 957 1081 1352 1459)
25	1829	BELGRAVE	HARRIERS	(92 185 232 370 463 487)	110	6574	CITY OF HULL	AC	(417 586 918 1368 1606 1679)
26	1959	TIPTON	HARRIERS	(78 245 282 432 438 484)	111	6616	QUAKERS	RUNNING CLUB	(372 1098 1174 1195 1264 1513)
27	2078	KENILWORTH	RUNNERS	(89 186 273 427 510 593)	112	6763	STAFFORD	HARRIERS	(598 1017 1254 1269 1300 1325)
28	2282	MARSHALL MILTON	KEYNES AC	(71 264 329 514 549 555)	113	6894	RACING	TNT	(911 1022 1044 1169 1220 1528)
29	2334	COVENTRY	GODIVA HARRIERS	(10 96 174 470 573 1011)	114	6930	SINFIN	RUNNING CLUB	(991 1038 1042 1258 1284 1317)
30	2448	ROTHERHAM	HARRIERS AND AC	(155 260 342 390 540 761)	115	7047	ROCHDALE	HARRIERS & AC	(235 1114 1137 1410 1546 1605)
31	2619	TYNE BRIDGE	HARRIERS	(244 345 422 429 567 612)	116	7117	ALDRIDGE	RC	(757 877 961 1377 1568 1577)
32	2663	LINCOLN WELLINGTON	ATHLETIC	(7 32 70 160 1054 1340)	117	7151	RIPLEY	RUNNING CLUB	(793 946 1188 1373 1402 1449)
33	2668	VALE	ROYAL AC	(105 125 339 663 668 768)	118	7200	STRATFORD UPON	AVON AC	(670 791 1226 1320 1541 1652)
34	2690	CANNOCK & STAFFORD	AC	(114 299 416 461 550 850)	119	7473	RUSHCLIFFE	AC	(864 1142 1244 1268 1462 1493)
35	2888	HEANOR	RUNNING CLUB	(143 315 368 630 661 771)	120	7509	BARNET & DISTRICT	AC	(970 1027 1229 1250 1404 1629)
36	3002	YORK	KNAVESMIRE HARRIERS	(72 258 561 610 738 763)	121	7637	DARLINGTON	H & AC	(401 1233 1280 1411 1649 1663)
37	3020	DURHAM CITY	HARRIERS & AC	(50 228 269 366 505 1602)	122	8031	NORWICH ROAD	RUNNERS	(856 1090 1305 1455 1653 1672)
38	3021	SHREWSBURY	AC	(389 420 443 548 606 615)	123	9370	CHESAPEAKE	ROAD RUNNERS	(1499 1506 1524 1526 1648 1667)
39	3045	SOUTHAMPTON	ATHLETIC CLUB	(208 221 290 356 947 1023)					
40	3090	HARROW	AC	(124 182 341 346 1032 1065)					
41	3106	ALTRINCHAM & DISTRICT	AC	(104 357 397 474 546 1228)					
42	3110	BARROW	RUNNERS	(465 471 476 527 544 627)					
43	3122	GUILDFORD & GODALMING	AC	(65 292 518 574 816 857)					
44	3206	RUGBY & NORTHAMPTON	AC	(203 537 547 581 637 701)					
45	3374	SALFORD	HARRIERS & AC	(68 195 238 353 1242 1278)					
46	3402	BOURNVILLE	HARRIERS	(323 334 538 647 726 834)					
47	3436	HOLME PIERREPONT	RC	(405 481 531 595 642 782)					
48	3439	HALESOWEN	AC	(402 507 528 604 667 731)					
49	3481	SOUTHEND ON SEA	AC	(2 191 377 444 859 1608)					
50	3548	LONG EATON	RUNNING CLUB	(412 430 431 500 863 912)					
51	3613	VALLEY	STRIDERS AC	(379 382 435 741 762 914)					
52	3736	CHICHESTER	RUNNERS & AC	(69 126 337 732 1109 1363)					
53	3776	WOLVERHAMPTON & BILSTON		(418 609 643 666 704 736)					
54	3801	NORTH DERBYSHIRE	RC	(462 551 559 714 725 790)					
55	3810	BIRMINGHAM	RUNNING ATHLETI	(218 262 396 753 1052 1129)					
56	3913	CAMBRIDGE	HARRIERS	(95 359 560 858 964 1077)					
57	3999	STEEL CITY	STRIDERS RC	(448 515 583 718 845 890)					
58	4075	WIRRAL	AC	(266 454 534 828 905 1088)					
59	4080	SHEFFIELD	RC	(285 624 745 794 811 821)					
60	4107	TELFORD	AC	(223 384 464 826 993 1217)					
61	4178	DUDLEY	KINGSWINFORD RC	(300 625 686 814 818 935)					
62	4280	WALLASEY	ATHLETIC CLUB	(506 570 690 744 822 948)					
63	4293	WORCESTER	AC	(428 671 709 760 770 955)					
64	4320	BEAUMONT	RC	(403 485 669 724 903 1136)					
65	4390	MACCLESFIELD	HARRIERS & AC	(272 646 656 775 959 1082)					
66	4395	WYMONDHAM	AC	(585 632 735 780 789 874)					
67	4523	READING	AC	(311 457 693 892 1018 1152)					
68	4585	RANELAGH	HARRIERS	(327 611 634 719 1028 1266)					
69	4636	REDHILL ROAD	RUNNERS	(580 703 730 809 862 952)					
70	4656	SUNDERLAND	HARRIERS & AC	(284 423 511 1050 1086 1302)					
71	4666	LEIGHTON BUZZARD	ATHLETIC CL	(398 411 503 792 908 1654)					
72	4777	DARTFORD	HARRIERS AC	(456 460 553 748 1225 1335)					
73	4820	SPARKHILL	HARRIERS	(495 635 817 885 916 1072)					
74	4820	HEATON	HARRIERS & AC	(254 331 710 779 1016 1730)					
75	4855	SOUTH SHIELDS	HARRIERS & AC	(414 629 633 1009 1035 1135)					
76	4895	LOW FELL	RC	(513 576 659 974 1000 1173)					
77	4930	BIRCHFIELD	HARRIERS	(652 653 711 727 807 1380)					
78	5117	HUNCOTE	HARRIERS	(638 695 772 852 1075 1085)					
79	5142	ST ALBANS	STRIDERS	(209 636 843 878 945 1631)					
80	5189	NEWCASTLE	STAFFS AC	(288 407 939 1049 1070 1436)					
81	5190	CLOWNE ROAD	RUNNERS CLUB	(277 451 707 1192 1253 1310)					
82	5203	FULHAM	RUNNING CLUB	(542 841 844 983 990 1003)					
83	5271	BIRTLEY	AC	(360 365 788 988 1357 1413)					
84	5288	MIDDLESBROUGH & CLEVELAND		(43 409 984 1111 1289 1452)					