

# Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1	0:39:35	6639	Ben Connor	Derby Athletic Clu	101	0:43:18	7070	Abdishakur Abdulle	Hillingdon AC	201	0:44:58	7078	James Laing	Hillingdon AC
2	0:39:49	8282	Alex Teuten	Southampton Athl	102	0:43:20	7758	Freddie Hessian	Notts AC	202	0:44:58	6937	Jim Cooper	Harrow AC
3	0:39:59	7816	Sam Stabler	Owls AC Leicester	103	0:43:21	8078	Will Beauchamp	Salford Harriers &	203	0:44:58	6806	Jackson Creegan	Gateshead Harrier:
4	0:40:02	8562	Christopher Olley	Tonbridge AC	104	0:43:21	8058	Paul Green	Sale Harriers Manc	204	0:45:00	7023	Jeff Cunningham	Herne Hill Harriers
5	0:40:04	6458	Graham Rush	Cheltenham and C	105	0:43:22	7258	Jordan Weaver	Kent AC	205	0:45:02	7352	Mark Powell	Leicester Coritania
6	0:40:18	8060	Charlie Hulson	Sale Harriers Manc	106	0:43:23	6906	Robert Little	Hallamshire Harrie	206	0:45:03	8480	Martin Shore	Thames Hare & Ho
7	0:40:20	8380	Jack Martin	Stockport Harriers	107	0:43:23	8525	Joe Smith	Tipton Harriers	207	0:45:03	6512	Oliver Langford	City Of Stoke AC
8	0:40:22	7640	Jonathan Taylor	Morpeth Harriers &	108	0:43:24	6603	Jack Parslow	Dacorum & Tring A	208	0:45:04	8651	Oliver Williams	Vale Royal AC
9	0:40:23	8161	Richard Horton	Shaftesbury Barne	109	0:43:24	6088	Daniel Kestrel(chan)	Barnsley Athletic C	209	0:45:05	7585	Steve Tuttle	Marshall Milton Ke
10	0:40:28	6020	Jonathan Hay	Aldershot Farnhar	110	0:43:26	7241	Christopher Greenwood	Kent AC	210	0:45:06	7016	Jason Williams	Hermitage Harriers
11	0:40:28	6506	Alexander Brecker	City Of Stoke AC	111	0:43:29	6643	Alex Pilcher	Derby Athletic Clu	211	0:45:08	6340	Maciej Biologonski	Bristol and West A
12	0:40:29	6811	Callum Johnson	Gateshead Harrier:	112	0:43:30	6514	David Sheldon	City Of Stoke AC	212	0:45:09	7332	Alexander Davy	Leeds City Athletic
13	0:40:30	8071	Jamie Roden	Sale Harriers Manc	113	0:43:30	8597	Simon Myatt	Trentham RC	213	0:45:10	7013	David Norman	Altrincham & Distr
14	0:40:30	6323	Zak Seddon	Bracknell AC	114	0:43:32	8143	Richard Phillips	Serpentine RC	214	0:45:11	6451	James Horman	Liverpool Harriers i
15	0:40:36	6090	Peter Huck	Barrow & Furness :	115	0:43:33	8076	James Wignall	Sale Harriers Manc	215	0:45:11	8552	Michael Ellis	Tonbridge AC
16	0:40:40	7057	Andrew Maud	Highgate Harriers	116	0:43:35	8383	Jack Nixon	Stockport Harriers	216	0:45:13	7991	Sam Clegg	Rotherham Harrier
17	0:40:47	7773	Douglas Musson	Notts AC	117	0:43:35	7020	Christopher Busaieh	Herne Hill Harriers	217	0:45:13	7993	Kyle Craib	Rotherham Harrier
18	0:40:50	7620	Carl Avery	Morpeth Harriers &	118	0:43:36	7757	Tim Hartley	Notts AC	218	0:45:13	8537	Daniel Bradley	Tonbridge AC
19	0:40:54	7760	Peter Hodgkinson	Notts AC	119	0:43:38	7069	Robert Wilson	Highgate Harriers	219	0:45:14	7663	Oliver Carrington	Newark AC
20	0:40:55	8276	Jamie Knapp	Southampton Athl	120	0:43:38	7215	Alasdair Russell	Kendal Amateur Ai	220	0:45:16	7767	Chris McGurk	Notts AC
21	0:40:57	7785	Jonathan Thewlis	Notts AC	121	0:43:41	6447	Grant Twist	Chelmsford AC	221	0:45:17	6333	James Turner	Brighton & Hove A
22	0:41:00	6380	Bijan Mazheri	Cambridge & Coler	122	0:43:42	6996	Frederick Slemeck	Hercules Wimbled	222	0:45:18	8831	Darren Southcott	Woodford Green A
23	0:41:00	8551	Corey De'Ath	Tonbridge AC	123	0:43:42	7621	Robert Balbra	Morpeth Harriers &	223	0:45:19	7064	Danny Russell	Highgate Harriers
24	0:41:02	6029	Jack Rowe	Aldershot Farnhar	124	0:43:43	8285	Alex Wall-Clarke	Southampton Athl	224	0:45:20	8097	David Rigby	Salford Harriers & ,
25	0:41:03	7631	Peter Newton	Morpeth Harriers &	125	0:43:44	7254	Neil Phillips	Kent AC	225	0:45:23	6723	Ben Waterman	Ealing Southall & N
26	0:41:06	7136	Christopher Farrell	Horwich R M I Har	126	0:43:44	6968	Joe Rainsford	Heanor Running Cl	226	0:45:24	7235	James Bowler	Kent AC
27	0:41:12	6119	Jack Goodwin	Bedford & County	127	0:43:46	6247	Tim Raynes	Blackburn Harriers	227	0:45:24	7843	Steven Robinson	Peterborough AC
28	0:41:14	6115	Darren Deed	Bedford & County	128	0:43:46	7694	Jake Waldron	Newham & Essex E	228	0:45:25	6232	Adrian Bailes	Birtley AC
29	0:41:16	6169	Philip Wicks	Belgrave Harriers	129	0:43:47	6112	Alexander Bellaw	Bedford & County	229	0:45:25	8337	Matthew Crehan	St Helens Sutton A
30	0:41:17	6871	John Sanderson	Guildford & Godal	130	0:43:49	8172	Richard Williams	Shaftesbury Barne	230	0:45:26	7029	John Kettle	Herne Hill Harriers
31	0:41:20	6734	Joe Steward	East Cheshire Harri	131	0:43:53	6941	Damian Nevins	Harrow AC	231	0:45:27	6121	Michael Harrison	Bedford & County
32	0:41:22	8382	Jack Morris	Stockport Harriers	132	0:43:53	6949	Robert Warner	Havering AC	232	0:45:28	8652	Alisdair Burns	Valley Striders AC
33	0:41:36	8499	Chris Smith	Thames Valley Har	133	0:43:57	6017	Sam Eglen	Aldershot Farnhar	233	0:45:28	7990	Robert Webb	Rossendale Harrier
34	0:41:39	7407	Daniel Cliffe	Liverpool Harriers i	134	0:43:58	7762	Rob Keal	Notts AC	234	0:45:30	6381	Oliver Park	Cambridge & Coler
35	0:41:41	7677	Frank Baddick	Newham & Essex E	135	0:43:59	6386	Sullivan Smith	Cambridge & Coler	235	0:45:31	7611	Tom Collins	Medway And Maid
36	0:41:42	6344	Owain Jones	Bristol and West A	136	0:44:00	6988	Jonathan Cornish	Hercules Wimbled	236	0:45:32	7329	Michael Burrett	Leeds City Athletic
37	0:41:43	8545	Ben Cole	Tonbridge AC	137	0:44:00	7749	Tom Bailey	Notts AC	237	0:45:35	6408	Christopher Perrin	Cannock & Staffor
38	0:41:45	7400	Joe Wilkinson	Lincoln Wellington	138	0:44:01	6864	Colin High	Guildford & Godali	238	0:45:37	7133	Ian Conroy	Horwich R M I Har
39	0:41:47	8561	Maximilian Nicholls	Tonbridge AC	139	0:44:02	8101	Steve Snape	Salford Harriers &	239	0:45:37	6124	Steve Horton	Bedford & County
40	0:41:49	6337	Jon Pepper	Brighton Phoenix	140	0:44:02	7653	Lloyd Kempson	Nene Valley Harrie	240	0:45:37	8615	Tom Charlton	Tyne Bridge Harrie
41	0:41:51	8567	Kieran Reilly	Tonbridge AC	141	0:44:03	8613	Finn Brodie	Tyne Bridge Harrie	241	0:45:39	8087	Ian Grime	Salford Harriers & ,
42	0:41:52	7492	Christopher Perham	Loughborough Stu	142	0:44:05	8818	Tom Beedell	Woodford Green A	242	0:45:39	8873	Harry Holmes	York Knavesmire H
43	0:41:54	7454	Adam Kirk-Smith	London Heathside	143	0:44:05	6338	Max Pickard	Brighton Phoenix	243	0:45:43	6432	Tom Lupton	Charnwood A C
44	0:41:55	7031	Lewis Lloyd	Herne Hill Harriers	144	0:44:05	6293	Joshua King	Bournemouth AC	244	0:45:43	6257	Alex Gibbins	Blackheath And Br
45	0:41:59	7618	Greg Jayasuriya	Middlesbrough & C	145	0:44:07	8557	Charlie Joslin-Allen	Tonbridge AC	245	0:45:43	6262	Daniel Kennedy	Blackheath And Br
46	0:41:59	6118	John Eves	Bedford & County	146	0:44:07	6031	Phillp Sewell	Aldershot Farnhar	246	0:45:48	7090	Ben Harding	Hinckley Running C
47	0:42:00	6459	Philip Wylie	Cheltenham and C	147	0:44:10	6392	Danny Kendall	Cambridge Harrier	247	0:45:48	6064	Richard Ayling	Avon Valley Runne
48	0:42:04	6284	James Douglas	Border Harriers & J	148	0:44:11	7630	Andrew Lawrence	Morpeth Harriers &	248	0:45:49	7582	Jamie Seddon	Marshall Milton Ke
49	0:42:04	8166	William Ryle-Hodges	Shaftesbury Barne	149	0:44:11	8540	James Bryant	Tonbridge AC	249	0:45:49	7000	Kieran White	Hercules Wimbled
50	0:42:04	6345	Jack Millar	Bristol and West A	150	0:44:11	8068	Gareth Raven	Sale Harriers Manc	250	0:45:50	7024	Tim Elsey	Herne Hill Harriers
51	0:42:04	8156	Phillip Crot	Shaftesbury Barne	151	0:44:11	8117	Husein Ahmed	Serpentine RC	251	0:45:52	8022	Robert Male	Rugby & Northamp
52	0:42:05	6159	Andrius Jaksevicius	Belgrave Harriers	152	0:44:13	8472	James Chettle	Thames Hare & Ho	252	0:45:52	6892	Nicholas Barber	Hallamshire Harrie
53	0:42:06	8095	Gary Priestley	Salford Harriers & ,	153	0:44:13	6891	Dave Archer	Hallamshire Harrie	253	0:45:54	8546	Greg Cole	Tonbridge AC
54	0:42:06	6904	Bertie Houghton	Hallamshire Harrie	154	0:44:13	8833	Daniel William Steel	Woodford Green A	254	0:45:55	6445	Ryan Prout	Chelmsford AC
55	0:42:08	7036	Jayne Rossiter	Herne Hill Harriers	155	0:44:14	7046	Shaun Dixon	Highgate Harriers	255	0:45:56	6919	Sean Fenwick	Harborough AC
56	0:42:08	8482	Mohamud Aadan	Thames Valley Har	156	0:44:15	8138	Dave Morgan	Serpentine RC	256	0:45:57	7813	Chris McMillan	Owls AC Leicester
57	0:42:11	7391	Shane Robinson	Lincoln Wellington	157	0:44:16	8078	Robert Thompson	Hillingdon AC	257	0:45:57	6521	Luke Davis	Clapham Chasers
58	0:42:20	6249	Robert Warner	Blackburn Harriers	158	0:44:17	8089	Bruno Lima	Salford Harriers & ,	258	0:45:58	6987	Joseph Clark	Hercules Wimbled
59	0:42:22	6265	Philip Sesemann	Blackheath And Br	159	0:44:17	6450	Alex Bampton	Cheltenham and C	259	0:45:59	6360	Benjamin Coop	Bury Athletic Club
60	0:42:24	7405	Richard Burney	Liverpool Harriers i	160	0:44:17	6706	Matthew Hornsby	Durham City Harri	260	0:45:59	6588	Jack Kosky	Crawley AC
61	0:42:29	8164	Luuk Metsalaar	Shaftesbury Barne	161	0:44:17	6217	Mathew Missen	Birchfield Harriers	261	0:46:00	6777	Callum Crawford	Exeter Harriers
62	0:42:30	6893	Steven Bayton	Hallamshire Harrie	162	0:44:21	7788	Alastair Watson	Notts AC	262	0:46:00	7579	Graham Jones	Marshall Milton Ke
63	0:42:31	6128	William MacKay	Bedford & County	163	0:44:22	6071	Michael Towler	Avon Valley Runne	263	0:46:01	6264	William Ruiz	Blackheath And Br
64	0:42:32	6393	Dean Lacy	Cambridge Harrier	164	0:44:23	7327	Andrew Savery	Leamington Cyclin	264	0:46:02	6491	James Senior	City Of Norwich AC
65	0:42:32	7041	Robel Bahelbi	Highgate Harriers	165	0:44:25	8489	James Ellis	Thames Valley Har	265	0:46:03	7226	Tim Alexander	Kent AC
66	0:42:33	6130	Steven Naylor	Bedford & County	166	0:44:25	7386	Tom Doe	Lincoln Wellington	266	0:46:04	6821	Stephen Millward	Gloucester AC
67	0:42:36	7414	Matthew Jackson	Liverpool Harriers i	167	0:44:26	7637	Thomas Straughan	Morpeth Harriers &	267	0:46:04	7044	Darryl Davison	Highgate Harriers
68	0:42:38	7234	Russell Bentley	Kent AC	168	0:44:27	7659	Christopher Wright	Nene Valley Harrie	268	0:46:04	8476	Richard Ollington	Thames Hare & Ho
69	0:42:38	7643	Adrian Whitwam	Morpeth Harriers &	169	0:44:27	6322	Matthew Seddon	Bracknell AC	269	0:46:05	8721	Oli Beale	Westbury Harriers
70	0:42:39	8064	Nigel Martin	Sale Harriers Manc	170	0:44:28	6326	Howard Bristow	Brighton & Hove A	270	0:46:06	8558	Jack Keywood	Tonbridge AC
71	0:42:43	7333	Simon Deakin	Leeds City Athletic	171	0:44:29	8148	Hugh Torry	Serpentine RC	271	0:46:07	7310	Joseph Read	Knowle & Dorridge
72	0:42:46	6601	Dominic Nolan	Croydon Harriers	172	0:44:30	7838	Ben Heron	Peterborough AC	272	0:46:07	6101	James Williams	Belgrave Harriers
73	0:42:49	7061	Christopher Rainsford	Highgate Harriers	173	0:44:30	6583	Alistair Smith	Coventry Godiva H	273	0:46:07	6032	Alistair Smith	Aldershot Farnhar
74	0:42:52	6116	Jack Douglas	Bedford & County	174	0:44:32	6263	Andrew Rayner	Blackheath And Br	274	0:46:07	7050	Charlie Haywood	Highgate Harriers
75	0:42:53	7666	Linton Taylor	Newark AC	175	0:44:34	6286	Ross London	Border Harriers & J	275	0:46:08	8420	Ian Dixon	Sunderland Harrier
76	0:42:53	7765	Ben Livesey	Notts AC	176	0:44:36	8077	Joseph Bailey	Salford Harriers & ,	276	0:46:09	8633	Jack Eykelbosch	University of Sheffi
77	0:42:53	8048	Luke Betts	Sale Harriers Manc	177	0:44:37	8825	Angus Holford	Woodford Green A	277	0:46:11	7323	Jamie Langley	Leamington Cyclin
78	0:42:54	8052	Niall Brooks	Sale Harriers Manc	178	0:44:37	7223	Patrick Roddy	Kenilworth Runner	278	0:46:11	8477	Gordon Pearce	Thames Hare & Ho
79	0:42:55	6451	Phil Beastall	Cheltenham and C	179	0:44:38	7491	Daniel Giles	Loughborough Stu	279	0:46:12	6577	James Griggs	Coventry Godiva H
80	0:42:57	8045	Matthew Barnes	Sale Harriers Manc	180	0:44:40	8771	Simon Millett	Windsor Slough Et	280	0:46:13	7045	William De Doncker	Highgate Harriers
81	0:43:00	7881	Ben Anderson	Ranelagh Harriers	181	0:44:41	7680	Dara Chesser	Newham & Essex E	281	0:46:14	7702	Martin Dawson	North Derbyshire F
82	0:43:00	8170	Daniel Watts	Shaftesbury Barne	182	0:44:42	7812	Tom Mahon	Owls AC Leicester	282	0:46:14	8880	Chris Roberts	York Knavesmire H
83	0:43:01	7364	Elliot Hind	Leighton Buzzard A	183	0:44:42	7626	Sam Hancox	Morpeth Harriers &	283	0:46:14	6907	Zak Mellard	Hallamshire Harrie
84	0:43:01	6335	Max Dumbrell	Brighton Phoenix	184	0:44:43	8122	Jonathan Bradford	Serpentine RC	284	0:46:16	6511	Shajahan Janally	City Of Stoke AC
85	0:43:02	8127	John Franklin	Serpentine RC	185	0:44:44	6986	Belal Ahmed	Hercules Wimbled	285	0:46:17	7944	Rob Scott	Richmond &

# Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
301	0:46:32	8724	Alex Hamblin	Westbury Harriers	401	0:47:50	6552	James Briscoe	Congleton Harriers	501	0:49:02	8855	Sean Wilson	Wycombe Phoenix
302	0:46:32	7658	Nathan Tweedie	Nene Valley Harrie	402	0:47:52	6269	Peter Tucker	Blackheath And Br	502	0:49:02	8554	Simon Fraser	Tonbridge AC
303	0:46:33	7165	Malcolm Muir	Ilford AC	403	0:47:53	6616	Jamie Rutherford	Darlington H & A	503	0:49:04	8377	Adam Taylor	Steel City Striders I
304	0:46:33	7028	Alex Hopley	Herne Hill Harriers	404	0:47:53	6224	Simon Lanckham	Birmingham Runni	504	0:49:05	6567	Luke Montgomery	Corby AC
305	0:46:34	6981	Ian Robinson	Heaton Harriers &	405	0:47:54	7804	Simon Allen	Owls AC Leicester	505	0:49:06	7461	Peter Northall	London Heathside
306	0:46:34	6166	Paskar Owor	Belgrave Harriers	406	0:47:54	8286	Rhys Gillard	Southeast On Sea F	506	0:49:07	8310	Paul Davis	Spenborough & Di
307	0:46:34	7602	Colin Davenport	Matlock Athletic Cl	407	0:47:55	6740	Robert Weekes	East Hull Harriers &	507	0:49:08	7076	Simon Connell	Hillingdon AC
308	0:46:35	6627	Nicholas Wood	Dartford Harriers F	408	0:47:55	6745	Daniel Snipe	Peterborough AC	508	0:49:08	7318	Paul Andrew	Leamington Cyclin
309	0:46:37	7390	Ryan Page	Lincoln Wellington	409	0:47:55	6684	David Nunn	Dudley & Stourbric	509	0:49:10	6847	John Cox	Great Western Rur
310	0:46:38	8053	Chris Donnelly	Sale Harriers Manc	410	0:47:56	6092	Ian Cox	Barrow Runners	510	0:49:10	6984	Stephen Schubeler	Heaton Harriers &
311	0:46:38	8668	Ben Butler	Wakefield District I	411	0:47:56	7366	Andrew Inchley	Leighton Buzzard F	511	0:49:11	8254	Gareth Parr	South London Harr
312	0:46:39	8815	Richard White	Wolverhampton &	412	0:47:56	6251	Ross Braden	Blackheath And Br	512	0:49:11	8608	Tom Sawyer	Tring RC
313	0:46:39	6242	Thomas Blaney	Blackburn Harriers	413	0:47:56	8145	Andrew Reeves	Serpentine RC	513	0:49:12	6309	Matthew Pollard	Bourneville Harriers
314	0:46:40	7018	Alan Barnes	Herne Hill Harriers	414	0:47:57	6718	Chris Hepworth	Ealing Southall & N	514	0:49:12	6825	James Walters	Gloucester AC
315	0:46:41	7772	John Muddeman	Notts AC	415	0:47:57	6683	Ben Foster	Dudley & Stourbric	515	0:49:13	7116	Steve Green	Holmfirth Harriers
316	0:46:41	6735	Richard Buckle	East Hull Harriers &	416	0:47:58	7021	Simon Coombes	Herne Hill Harriers	516	0:49:13	7587	Ian Wood	Marshall Milton Ke
317	0:46:42	7855	Peter Deweirdt	Pooler Runners	417	0:47:59	8694	David Osullivan	Watford Joggers	517	0:49:14	8623	Andy Green	Tyedale Harriers I
318	0:46:44	6902	Peter Hodges	Hallamshire Harrie	418	0:47:59	6296	Christopher Collins	Bourneville Harriers	518	0:49:14	8210	Tom Phelps	Silson Joggers AC
319	0:46:44	6913	Andrew Thake	Hallamshire Harrie	419	0:48:00	8768	Jonathan Dry	Windsor Slough Et	519	0:49:15	7251	Matthew Moroney	Kent AC
320	0:46:45	7322	Phil Gould	Leamington Cyclin	420	0:48:01	6945	Andrew Minister	Hartlepool Burn R	520	0:49:16	7601	Mike Blair	Matlock Athletic Cl
321	0:46:45	8817	Simon Beedell	Woodford Green A	421	0:48:02	7445	Simon Dunderdale	London Heathside	521	0:49:17	6387	Paul Veitch	Cambridge & Coler
322	0:46:45	8827	Thomas Pilbersek	Woodford Green A	422	0:48:02	7289	Gregan Clarkson	Kingston upon Hul	522	0:49:18	6776	Gary Towers	Eton Manor AC
323	0:46:46	7947	Luke Beresford	Ripley Running Clu	423	0:48:03	6885	David Turvey	Halesowen ACC	523	0:49:19	7163	Nick Osborn	Huntingdonshire A
324	0:46:47	7688	Bruce Raeside	Newham & Essex F	424	0:48:04	8066	Peter O'Neill	Sale Harriers Manc	524	0:49:20	8856	Steven Flowers	Wye Valley Runner
325	0:46:47	6489	Dominic Oliver	City Of Norwich AC	425	0:48:04	6295	Henry Brocklehurst	Bourneville Harriers	525	0:49:21	7380	Rob Sim	Lincoln & District R
326	0:46:47	8666	William Stanley	Victoria Park Harri	426	0:48:04	7636	Mark Snowball	Morpeth Harriers I	526	0:49:21	7037	Eric Sapac	Herne Hill Harriers
327	0:46:47	8051	Alex Bradford	Sale Harriers Manc	427	0:48:05	8614	Tony Carter	Tyne Bridge Harrie	527	0:49:23	8568	Graeme Saker	Tonbridge AC
328	0:46:48	6969	Shane Rice	Heanor Running Cl	428	0:48:06	7584	James Tuttle	Marshall Milton Ke	528	0:49:23	7157	Tyrone Farrer	Huntingdonshire A
329	0:46:48	8722	Scott Campbell	Westbury Harriers	429	0:48:07	8228	Chris North	Sleaford Striders A	529	0:49:24	6483	James Drakeford	City Of Birmingham
330	0:46:50	8778	David Brockway	Wirral AC	430	0:48:07	8451	Russell Adams	Telford AC	530	0:49:26	8579	Samuel Mellor	Totley AC
331	0:46:50	6453	Marcus England	Cheltenham and C	431	0:48:08	8179	Stuart Little	Sheffield RC	531	0:49:26	7968	Daniel Bennett	Rochdale Harriers I
332	0:46:52	6805	Kevin Connolly	Gateshead Harrier:	432	0:48:09	8732	James Shorney	Westbury Harriers	532	0:49:28	7977	Robin Carter	Rolls Royce Harrier
333	0:46:53	6513	Dean Richardson	City Of Stoke AC	433	0:48:10	7257	Daniel Stauber	Kent AC	533	0:49:29	8622	Paul Turnbull	Tyne Bridge Harrie
334	0:46:54	6346	Andy Salmon	Bristol and West A	434	0:48:10	8657	Daryl Hibberd	Valley Striders AC	534	0:49:29	8070	David Rich	Sale Harriers Manc
335	0:46:56	8229	Iain Bailey	Sleaford Striders A	435	0:48:11	6905	Gavin Keight	Hallamshire Harrie	535	0:49:30	7068	Michael Ussher	Highgate Harriers
336	0:46:58	7082	Joel Pope	Hillingdon AC	436	0:48:11	6877	Adam Cross	Halesowen ACC	536	0:49:30	7309	Tim Price	Knowle & Dorridge
337	0:47:00	6912	David Sprot	Hallamshire Harrie	437	0:48:12	6620	Chris Biddle	Dartford Harriers F	537	0:49:33	7273	Kevin Doyle	Kimberworth Strid
338	0:47:00	7808	Scott Green	Owls AC Leicester	438	0:48:12	8584	Simon O'Meara	Trafford Athletic Cl	538	0:49:33	7715	Jonathon Heaney	North Shields Polyt
339	0:47:01	6449	David Aubrey	Cheltenham and C	439	0:48:15	6480	Ben McCormack	Chorlton Runners	539	0:49:34	6394	James MacDonald	Cambridge Harrier:
340	0:47:01	7837	Stuart Haw	Peterborough AC	440	0:48:16	8481	Andy Weir	Thames Hare & Hc	540	0:49:35	6350	Mark Appleton	Bromsgrove And R
341	0:47:02	6022	Richard Lovejoy	Aldershot Farnham	441	0:48:17	8570	James Taylor	Tonbridge AC	541	0:49:36	7190	Bret Wilks	Ilkeston Running C
342	0:47:03	7619	Chris Rumsey	Middlesbrough & C	442	0:48:18	8655	Paul Fotherby	Valley Striders AC	542	0:49:36	8761	Andrew Whittingham	Walmoor Running
343	0:47:03	6561	Troy Garrett	Corby AC	443	0:48:18	6813	Steven Medd	Gateshead Harrier:	543	0:49:37	6960	Ashley Deeming	Heanor Running Cl
344	0:47:04	7221	Kevin Hope	Kenilworth Runner	444	0:48:20	7778	Jarratt Perkins	Notts AC	544	0:49:37	6252	Danny Brewer	Blackheath And Br
345	0:47:06	7854	Brian Underwood	Pooler AC	445	0:48:20	8653	Matt Chadwick	Valley Striders AC	545	0:49:37	6036	Robert Wakefield	Aldershot Farnham
346	0:47:06	7136	Chris Pownell	Knowsley Harriers	446	0:48:20	8140	Christopher Oddy	Serpentine RC	546	0:49:39	7755	Tom Crowley	Notts AC
347	0:47:06	8563	Harry Paton	Tonbridge AC	447	0:48:24	8063	David Marsh	Sale Harriers Manc	547	0:49:41	8796	Gareth Briggs	Wolverhampton &
348	0:47:07	8016	Joe Spruce	Royal Sutton Coldf	448	0:48:25	6857	Ben Evans	Guildford & Godal	548	0:49:42	6526	James Rogers	Clapham Chasers
349	0:47:07	7441	Mario Cadette	London Heathside	449	0:48:26	8612	Tim Bonham	Tyne Bridge Harrie	549	0:49:42	7819	Shaun Dimelow	Penistone Footpat
350	0:47:08	7646	Michael Channing	Nene Valley Harrie	450	0:48:26	7100	David Greenwood	Holme Pierrepont	550	0:49:44	6925	Gareth Wood	Harborough AC
351	0:47:09	6556	Jacob Akers	Corby AC	451	0:48:26	6999	Robert Tuer	Hercules Wimbled	551	0:49:45	7578	Stephen Herring	Marshall Milton Ke
352	0:47:09	7026	Sean Fitzpatrick	Herne Hill Harriers	452	0:48:27	7033	Matthew Munro	Herne Hill Harriers	552	0:49:47	6006	Dan Wilson	Abingdon AC
353	0:47:09	7353	Ludovic Renou	Leicester Cortiana	453	0:48:27	7473	Mark Boot	Long Eaton Runnin	553	0:49:48	8766	Tim Smales	Winchester & Distr
354	0:47:09	6580	Joseph McLeod	Coventry Godiva H	454	0:48:27	6131	Christopher Riley	Bedford & County	554	0:49:50	7709	John Sanderson	North Derbyshire F
355	0:47:09	8744	Barry Archbold	Wilmslow Running	455	0:48:28	8711	Jonathan Abel	West 4 Harriers	555	0:49:51	8764	Dan Cunnington	Winchester & Distr
356	0:47:10	7883	Peter Haarer	Ranelagh Harriers	456	0:48:28	8375	James Rose	Steel City Striders I	556	0:49:51	6794	Thomas Daley	Fulham Running Cl
357	0:47:11	6244	Christopher G Davies	Blackburn Harriers	457	0:48:28	8610	Alex Black	Tyne Bridge Harrie	557	0:49:52	7761	Jamie Hutchinson	Notts AC
358	0:47:11	8291	Oliver Kyriakides	Southeast On Sea F	458	0:48:29	7615	Mark Wilkins	Medway And Maic	558	0:49:55	6889	Michael Gaughan	Halifax Harriers & J
359	0:47:12	8491	Daniel Garcia-Racines	Thames Valley Har	459	0:48:30	8837	Harold Wyber	Woodford Green A	559	0:49:55	6410	Phil Wolfe	Cannock & Staffor
360	0:47:13	7453	Daniel Johns	London Heathside	460	0:48:31	6404	Nigel Haycock	Cannock & Staffor	560	0:49:56	7435	Richard Wingfield	London Frontrunn
361	0:47:14	7395	Joshua Stone	Lincoln Wellington	461	0:48:31	7502	Stephen Magrath	Low Fell RC	561	0:49:57	8154	Jack Wild	Serpentine RC
362	0:47:14	8155	Nathan Wilkins	Serpentine RC	462	0:48:31	8151	Christopher Wallace	Serpentine RC	562	0:49:57	8056	Olivier Gallemin	Sale Harriers Manc
363	0:47:14	7341	Leon Foster	Leeds City Athletic	463	0:48:32	6980	James McKenzie	Heaton Harriers &	563	0:49:57	8196	James Walker	Shelton Striders
364	0:47:14	8147	Benjamin Tolputt	Serpentine RC	464	0:48:33	6055	Ben Carrington	Amazing Feet Runn	564	0:49:58	7205	Jonathan Gilroy	Jarrow & Hebburn
365	0:47:16	6914	Steve Worthington	Hallamshire Harrie	465	0:48:35	6800	Nick Marriage	Fulham Running Cl	565	0:49:58	7974	Richard Stirzaker	Rochdale Harriers I
366	0:47:17	7358	Dave Smith	Leigh Harriers & A	466	0:48:37	8426	Jason Waite	Sunderland Harrier	566	0:49:58	6918	Matthew Driver	Harborough AC
367	0:47:17	8747	Rob Downs	Wilmslow Running	467	0:48:39	7817	Craig Twig	Owls AC Leicester	567	0:49:58	6672	Martin James	Doncaster Athletic
368	0:47:21	7714	Mark Vaughan	North Herts Rrc	468	0:48:40	6529	Daniel Collinge	Clayton Le Moors I	568	0:50:00	6443	Reece Asik	Chelmsford AC
369	0:47:24	6438	Peter Swaine	Charnwood A C	469	0:48:40	6989	Neil Fraser	Hercules Wimbled	569	0:50:00	8293	Matthew Thompson	Southport Waterlo
370	0:47:24	6873	Adam Stirk	Guildford & Godal	470	0:48:40	6504	Jamie Arnold	City Of Stoke AC	570	0:50:01	8851	Tim Hogbin	Wycombe Phoenix
371	0:47:25	6076	Benjamin Boxer	Barnet & District A	471	0:48:40	8093	Billy McCartney	Salford Harriers & .	571	0:50:01	8100	Paul Simons	Salford Harriers & .
372	0:47:26	6622	Alex Cameron	Dartford Harriers F	472	0:48:41	6049	Ryan Ganose	Altrincham & Distr	572	0:50:02	6725	Gavin Browne	East Cheshire Harr
373	0:47:26	7359	Phillip Williams	Leigh Harriers & A	473	0:48:42	7419	Paul Sankey	Liverpool Harriers	573	0:50:02	8593	Thomas Holloway	Trentham RC
374	0:47:28	8033	Stephen Dickens	Ruschcliffe AC	474	0:48:43	7367	Thomas Inchley	Leighton Buzzard F	574	0:50:02	7668	Phil Marshall	Newbury AC
375	0:47:29	8532	Phillip Wilson	Tipton Harriers	475	0:48:44	6428	Tim Doran	Charnwood A C	575	0:50:03	8086	Michael Grace	Salford Harriers & .
376	0:47:29	7679	Wayne Bell	Newham & Essex F	476	0:48:44	8439	Mark Russell	Swinton RC	576	0:50:03	7674	Stephen Ratcliffe	Newcastle Staffs A
377	0:47:29	7999	Jonathan Johnson	Rotherham Harrier	477	0:48:45	6497	Damon Howard	City Of Portsmouth	577	0:50:04	6967	Cory Parker	Heanor Running Cl
378	0:47:30	6899	Joe Gratton	Hallamshire Harrie	478	0:48:46	7729	Stuart Lumsden	Northbrook AC	578	0:50:04	7017	James Willoughby	Hermitage Harriers
379	0:47:32	7142	Lee Dover	Houghton Harriers	479	0:48:46	6365	Ben Light	Buxton AC	579	0:50:04	7783	Bill Speake	Notts AC
380	0:47:32	8606	Ross Langley	Tring RC	480	0:48:46	7118	Philip Hewitt	Holmfirth Harriers	580	0:50:05	7225	Dewi Williams	Kenilworth Runner
381	0:47:33	6156	Arne Dumez	Belgrave Harriers	481	0:48:47	7705	Christopher Leach	North Derbyshire F	581	0:50:05	7901	David McCoy	Reading Roadrunn
382	0:47:34	6370	Nathaniel Winfield	Buxton AC	482	0:48:50	7357	Thomas Kneller	Leigh Harriers & A	582	0:50:05	6110	Ross Tyrrell	Beaumont RC
383	0:47:34	8034	Marlon Dunkley	Ruschcliffe AC	483	0:48:50	8193	Kenneth Malton	Shelton Striders	583	0:50:06	8419	Aidan Crowe	Sunderland Harrier
384	0:47:35	7889	Mark Booth	Reading AC	484	0:48:51	8271	Joseph Bull	Southampton Athl	584	0:50:07	6550	Jordan Street	Clover Road Runn
385	0:47:36	6275	Bradley Clough	Blyth Running Club	485	0:48:52	6769	James Hutchison						

# Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
601	0:50:23	8427	Dean Cross	Sutton In Ashfield I	701	0:51:28	7544	Jordan Boam	Mansfield Harriers	801	0:52:40	7355	Allister Goulding	Leigh Harriers & AC
602	0:50:24	7665	Craig Renton	Newark AC	702	0:51:28	8689	Kwabena Agyei	Watford Joggers	802	0:52:41	8813	James Toddington	Wolverhampton & Beeston AC
603	0:50:26	8789	Stephen Spence	Wirral AC	703	0:51:30	6490	Jonathan Quint	City Of Norwich AC	803	0:52:41	6138	Joseph J Gallagher	Beeston AC
604	0:50:27	7522	Scott Wilson	Macclesfield Harrie	704	0:51:31	6146	Daniel Rawson	Beeston AC	804	0:52:42	8756	Trevor Morris	Wilmslow Running
605	0:50:27	8457	Paul Richards	Telford AC	705	0:51:31	7751	Anthony Carbutt	Notts AC	805	0:52:42	7949	Robert Coates	Ripley Running Clu
606	0:50:28	7431	Fergal Joyce	London Frontrunne	706	0:51:32	8020	Joseph Lantsbery	Rugby & Northam	806	0:52:43	8605	Nigel Bunn	Tring RC
607	0:50:29	8189	Fred Vaccacott	Sheffield Tri Club	707	0:51:32	8289	Christian Holmes	Southend On Sea /	807	0:52:44	6742	Scott Brady	Elswick Harriers
608	0:50:29	6352	Malcolm Duff	Bromsgrove And R	708	0:51:33	7494	Den Lynch	Louth AC	808	0:52:45	7146	Warren Bennett	Huncote Harriers
609	0:50:30	8723	Anthony Glover	Westbury Harriers	709	0:51:33	8611	Alasdair Blain	Tyne Bridge Harrie	809	0:52:46	8762	Sam Appleton	Winchester & Distr
610	0:50:31	7219	Matt Dyer	Kenilworth Runner	710	0:51:34	8496	Stephen Norris	Thames Valley Har	810	0:52:46	6520	Jamie Bannister	Clapham Chasers
611	0:50:31	7459	Joseph McKeown	London Heathside	711	0:51:34	8618	William Johnson	Tyne Bridge Harrie	811	0:52:47	6391	Dom Fiore	Cambridge Harrie
612	0:50:32	6409	James Perrin	Cannock & Staffor	712	0:51:36	8050	Craig Bradbury	Sale Harriers Manc	812	0:52:48	7095	Andrew Barron	Holme Pierrepont I
613	0:50:32	8804	James Lewis	Wolverhampton &	713	0:51:36	7210	Scott Bairstow	Keighley & Craven	813	0:52:48	8118	Jolyon Attwooll	Serpentine RC
614	0:50:33	8870	Simon Frecke	York Knavesmire H	714	0:51:37	6406	Thomas Orton	Cannock & Staffor	814	0:52:49	7217	Peter Bryan	Kenilworth Runner
615	0:50:33	6374	Alex Eggeman	Cambridge & Coler	715	0:51:38	7162	Rod McKee	Huntingdonshire A	815	0:52:49	6978	Lucas Longman	Heaton Harriers &
616	0:50:37	6947	Paul Wilson	Hartlepool Burn RC	716	0:51:39	8429	Paul Whittingham	Sutton In Ashfield	816	0:52:50	7065	Jon Sleeman	Highgate Harriers
617	0:50:37	8153	Robert Whitmarsh	Serpentine RC	717	0:51:39	8795	Andrew Bave	Wolverhampton &	817	0:52:51	8290	Alec Louis Kyriakides	Southend On Sea /
618	0:50:37	7614	Andrejs Safars	Medway And Maic	718	0:51:40	8864	Barry Atkinson	York Knavesmire H	818	0:52:51	8358	Doug Banks	Steel City Striders I
619	0:50:38	8074	Glen Savage	Sale Harriers Manc	719	0:51:41	7109	Andrew Soley	Holme Pierrepont	819	0:52:52	8598	David Pickstock	Trentham RC
620	0:50:38	7079	Paul Leppard	Hillingdon AC	720	0:51:43	6255	Sam Robinson	Clapham Chasers	820	0:52:53	6211	Peter Dimbleby	Birchfield Harriers
621	0:50:38	7589	Stephen Young	Marshall Milton Ke	721	0:51:43	8031	Jonathan Taylor	Rugby & Northam	821	0:52:53	8116	Gary Thwaites	Sedgefield Harriers
622	0:50:38	8517	Dean Hill	Tipton Harriers	722	0:51:44	8314	Kevin Ogden	Spenborough & Di	822	0:52:54	7048	Johan Ghiblbert	Highgate Harriers
623	0:50:39	6268	Christopher Tuck	Blackheath And Br	723	0:51:44	7148	Gareth Chivers	Huncote Harriers	823	0:52:54	8857	Liam Grice	Wye Valley Runner
624	0:50:40	6775	Chris Tait	Eton Manor AC	724	0:51:45	7143	Rory Graham	Houghton Harriers	824	0:52:55	6574	Simon Clarke	Coventry Godiva H
625	0:50:41	6939	Graeme Jones	Harrow AC	725	0:51:46	8802	Thomas Stevens	Fulham Running Cl	825	0:52:55	6303	Oliver Kirkland	Bournville Harriers
626	0:50:41	6758	Stuart Flack	Epsom & Ewell Har	726	0:51:48	6305	Darren Leys	Sparkhill Harriers	826	0:52:56	6361	Pierre-louis Statsenko	Bury Athletic Club
627	0:50:42	7253	Adam Paterson	Kent AC	727	0:51:48	7586	Jeremy Vick	Marshall Milton Ke	827	0:52:57	8718	Andrew Clague	West Cheshire Ath
628	0:50:42	8405	Tim Hutchinson	Stratford Upon Av	728	0:51:49	7237	Ian Ellwood	Kent AC	828	0:52:58	7161	Darren Matthews	Huntingdonshire A
629	0:50:43	6795	Leo Gebbie	Fulham Running Cl	729	0:51:50	7104	Wayne McAnaney	Holme Pierrepont	829	0:52:58	6050	Dan Martell	Altrincham & Distr
630	0:50:44	7823	Jon Waller	Penistone Footpatl	730	0:51:50	8650	Gareth Williams	Vale Royal AC	830	0:52:59	6719	Angelo John	Ealing Southall & N
631	0:50:45	6527	Keith Scofield	Clapham Chasers	731	0:51:50	6063	Michael Pearson	Asknern & District R	831	0:52:59	7447	David Fallon	London Heathside
632	0:50:45	8442	James Heal	Taunton AC	732	0:51:51	6471	George Gillingwater	Chiltern Harriers A	832	0:53:00	8012	Daniel Stone	Rothwell & District
633	0:50:46	6359	Chuah Swee-Leng	Burton AC	733	0:51:52	6108	Ian Murdey	Beaumont RC	833	0:53:00	8029	Nigel Roberts	Rugby & Northam
634	0:50:46	8128	James Gillanders	Serpentine RC	734	0:51:52	7449	Chris Hartley	London Heathside	834	0:53:01	6104	Philip Chritchlow	Beaumont RC
635	0:50:47	6711	Christopher Wilkinson	Durham City Harrie	735	0:51:53	6444	Michael Bridgeland	Chelmsford AC	835	0:53:01	8875	Richard Lawson	York Knavesmire H
636	0:50:47	7499	David France	Low Fell RC	736	0:51:55	8679	Michael Green	Wallasey Athletic C	836	0:53:01	8175	John Doherty	Sheffield Harriers
637	0:50:48	7184	Sam Owen	Ilkerton Running C	737	0:51:56	6956	Chris Prince	Headington RR	837	0:53:04	8046	Paul Barrett	Sale Harriers Manc
638	0:50:49	7662	Timothy Bagguley	Newark AC	738	0:51:58	7308	Darren John	Knowle & Dorridge	838	0:53:04	8146	Andrew Taylor	Serpentine RC
639	0:50:50	6835	Zack Wylie	Gosforth Harriers &	739	0:51:58	8575	Martynt Breslan	Torbay AAC	839	0:53:05	7381	Christopher Tack	Lincoln & District R
640	0:50:51	7456	Jonathan Litchfield	London Heathside	740	0:52:00	8846	Lee Rudd	Wrexin Road Runn	840	0:53:08	8803	Rob Hawley	Wolverhampton &
641	0:50:53	7913	Ian Hales	Redhill Road Runne	741	0:52:01	7514	Carl Hanaghan	Macclesfield Harrie	841	0:53:08	8202	John Jones	Shrewsbury AC
642	0:50:53	7321	Gavin Fowler	Leamington Cyclin	742	0:52:01	7792	Eric Fowler	Nuneaton Harriers	842	0:53:09	8139	Jonathan Moscrop	Serpentine RC
643	0:50:53	8094	Daniel McManus	Salford Harriers &	743	0:52:03	7379	Dave Hunter	Lincoln & District F	843	0:53:11	8085	Christopher Dawson	Salford Harriers & J
644	0:50:54	8368	Benjamin Lewis Jones	Steel City Striders I	744	0:52:04	7338	Simon Ellis	Leeds City Athletic	844	0:53:12	7656	Oliver Slater	Nene Valley Harrie
645	0:50:54	7894	Arturo Martinez De Murd	Reading AC	745	0:52:05	6091	Daniel Butcher	Barrow Runners	845	0:53:13	8237	Chris Dix	Solihull & Small He
646	0:50:54	8119	Nicola Barberis Negra	Serpentine RC	746	0:52:06	6228	James Ratcliffe	Aldershot Farnham	846	0:53:14	6010	Michael Boucher	Aldershot Farnham
647	0:50:55	6287	Liam Medley	Border Harriers & J	747	0:52:06	8024	Brendan Moen	Rugby & Northam	847	0:53:15	8693	Steve Norris	Watford Joggers
648	0:50:55	8005	Ross Blackburn	Rothwell & District	748	0:52:06	8283	Steven Underwood	Southampton Athl	848	0:53:16	8861	Peter Nugent	Wye Valley Runner
649	0:50:56	8221	Dan Wilson	Sinfin Running Clu	749	0:52:07	8177	Chris Ireland	Sheffield RC	849	0:53:16	8187	Matthew Reed	Sheffield Tri Club
650	0:50:57	7828	Matt Goodwin	Pensby Runners	750	0:52:07	6809	Peter Grimoldby	Gateshead Harrier	850	0:53:17	6301	Andrew Hoole	Bournville Harriers
651	0:50:58	6785	Nicholas Steele	Folkestone RC	751	0:52:08	6931	Timothy Richardson	Harrogate Harriers	851	0:53:18	6197	Stephen Fry	Bingley Harriers &
652	0:50:58	8123	Peter Clarke	Serpentine RC	752	0:52:08	7515	Peter Hasler	Macclesfield Harrie	852	0:53:18	7464	Rajiv Ratan	London Heathside
653	0:51:00	7693	Ian Visser	Newham & Essex F	753	0:52:09	6291	Steven Sheppard	Bourne Town Harri	853	0:53:18	8741	Mike Harris	Wigan & District H
654	0:51:00	7482	Michael Howard	Long Eaton Runnin	754	0:52:10	6924	Tom Ward	Harborough AC	854	0:53:19	8371	Alasdair Menmuir	Steel City Striders I
655	0:51:00	8013	Thomas Chew	Royal Sutton Coldf	755	0:52:10	6499	Adam O'Hara	City Of Portsmouth	855	0:53:20	7450	Nick Haward	London Heathside
656	0:51:00	6067	Joby Hobbs	Avon Valley Runne	756	0:52:11	8786	Daniel Morgan	Wirral AC	856	0:53:19	8805	Mark Moore	Wolverhampton &
657	0:51:01	8309	Simon Bolland	Spenborough & Di	757	0:52:11	6305	John McKeon	Bournville Harriers	857	0:53:20	8878	Tom Ratcliffe	York Knavesmire H
658	0:51:02	8784	Mark Hulmston	Wirral AC	758	0:52:12	7015	Darren Weston	Hermitage Harrier:	858	0:53:21	7099	Eddie George	Holme Pierrepont I
659	0:51:03	7712	Miles Winter	North Derbyshire F	759	0:52:13	6554	Bryan Lomas	Congleton Harriers	859	0:53:21	6605	Paul Allan	Darlington H & AC
660	0:51:03	6946	Anthony Oliver	Hartlepool Burn RC	760	0:52:14	7108	Chris Rhodes	Holme Pierrepont	860	0:53:21	7831	Alistair Malpas	Pensby Runners
661	0:51:04	7437	Steve Armstrong	London Heathside	761	0:52:15	6726	Simon Grundy	East Cheshire Harr	861	0:53:23	7475	Ian Chant	Long Eaton Runnin
662	0:51:04	6270	Jonathan Vintner	Blackheath And Br	762	0:52:16	6819	Steven Haines	Gloucester AC	862	0:53:23	7306	David Carbutt	Knowle & Dorridge
663	0:51:04	6155	William Cockerell	Belgrave Harriers	763	0:52:16	8699	Jon Kemp	Wellingborough &	863	0:53:23	6142	Stephen Mason	Beeston AC
664	0:51:06	8543	Mark Coates	Tonbridge AC	764	0:52:17	6993	Russell Price	Hercules Wimbled:	864	0:53:23	6642	Guillem Moreno	Derby Athletic Clu
665	0:51:06	7948	Tim Clayton	Ripley Running Clu	765	0:52:17	7426	Leon Clement	London Frontrunne	865	0:53:24	7859	Colin Somers	Poole Runners
666	0:51:07	6803	Andrew Stringer	Fulham Running Cl	766	0:52:18	7098	Steven Eatherington	Holme Pierrepont	866	0:53:25	8009	Lewis Ponna-Kincell	Rothwell & District
667	0:51:09	6262	Fintan Parkinson	Blackheath And Br	767	0:52:19	6493	Paul Bleach	City Of Portsmouth	867	0:53:27	7001	Peter Armstrong	Hermitage Harrie:
668	0:51:10	8571	Joseph Watts	Tonbridge AC	768	0:52:19	8449	Christopher Stokes	Team Derby Runne	868	0:53:28	6783	Andrew Noble	Folkestone RC
669	0:51:10	6790	James Rushton	Formula One Circu	769	0:52:21	6927	Josh Fuller	Harrogate Harriers	869	0:53:29	8468	Paul O'Brien	Telford Harriers
670	0:51:11	8126	David Evans	Serpentine RC	770	0:52:22	7255	Len Reilly	Kent AC	870	0:53:29	8465	Dean Gapper	Telford Harriers
671	0:51:12	7647	Michael Chapman	Nene Valley Harrie	771	0:52:22	6336	Austen Hunter	Brighton Phoenix	871	0:53:31	6595	Glenn Barden	Croydon Harriers
672	0:51:13	6971	Gordon Smith	Heanor Running Cl	772	0:52:23	8114	Chris Lines	Sedgefield Harriers	872	0:53:31	6096	Rod McGowan	Barrow Runners
673	0:51:13	6625	Sam Dowler	Dartford Harriers A	773	0:52:23	8680	Greg Jones	Wallasey Athletic C	873	0:53:31	8872	Darren Hendley	York Knavesmire H
674	0:51:13	6958	Richard Skilbeck	Headington RR	774	0:52:24	7281	Paul Jolliffe	Kings Heath RC - TI	874	0:53:33	6798	Andrew Han	Fulham Running Cl
675	0:51:14	8871	Giles Hawking	York Knavesmire H	775	0:52:24	6470	Jim Garland	Chichester Runner	875	0:53:34	6454	Matthew Evans	Cheltenham and C
676	0:51:14	6481	Christopher Rayner	Chorlton Runners	776	0:52:25	8664	Jeremy Gold	Victoria Park Harri	876	0:53:34	6828	Tom Coates	Gosforth Harriers &
677	0:51:16	6932	Jayson Sawyer	Harrogate Harriers	777	0:52:27	6764	David Cato	Eton Manor AC	877	0:53:34	8397	Richie Parkins	Stowmarket Stride
678	0:51:16	6348	Ivan Usenko	Bristol and West A	778	0:52:28	7452	Dominic Jackson	London Heathside	878	0:53:34	8370	John Kilcoyne	Steel City Striders I
679	0:51:16	7019	Jack Brotchie	Herne Hill Harriers	779	0:52:28	7200	Ross Chapman	Istead & Ifield Har	879	0:53:35	6434	Alistair Parkin	Charmwood A C
680	0:51:17	8400	Scott Williams	Stowmarket Stride	780	0:52:29	7158	Ian Gallagher	Huntingdonshire A	880	0:53:35	8384	Steve Shaughnessy	Stockport Harriers
681	0:51:18	8703	Jeff Lucas	Werrington Jogger	781	0:52:29	8102	Paul Stephens	Salford Harriers &	881	0:53:35	8807	Jack Parr	Wolverhampton &
682	0:51:18	6098	Andy Simpson	Barrow Runners	782	0:52:30	7511	Christopher Bentley	Macclesfield Harrie	882	0:53:36	8253	Paul Mitchell	South London Harr
683	0:51:18	6070	Pete Slade	Avon Valley Runne	783	0:52:30	8624	Alex Pedersen	University of Birmi	883	0:53:36	8533	Clark Woodhall	Tipton Harriers
684	0:51:19	7759	Jonathan Hiorns	Notts AC	784	0:52:30	6559	Josh Coles	Corby AC	884	0:53:37	7746	Ben Abbott	Notts AC
685	0:51:19	6886	Ryan Barker	Halifax Harriers & J	785	0:5								

# Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
901	0:53:48	7370	Warren Rose	Leighton Buzzard A	1001	0:55:15	8323	Allen El- Sour	Sphinx AC	1101	0:56:43	6107	Daniel McLaughlin	Beaumont RC
902	0:53:49	6976	Philip Green	Heaton Harriers & B	1002	0:55:15	6751	Stephen Howard	Ely Runners	1102	0:56:46	6413	Lee Caves	Centurion RC
903	0:53:51	8660	Steve Webb	Valley Striders AC	1003	0:55:16	7645	Jay Belham	Nene Valley Harrie	1103	0:56:47	8467	David Kingston	Telford Harriers
904	0:53:51	8731	Robin Phillips	Westbury Harriers	1004	0:55:16	6668	Benjamin Adams	Didcot Runners	1104	0:56:47	7299	Gary Wilton	Kirkby Milers AC
905	0:53:53	7135	Christopher Essex-Cros	Horwich R M I Harr	1005	0:55:16	7106	Arry Nathan	Holme Pierrepont	1105	0:56:48	8594	Daniel Jordan	Trentham RC
906	0:53:55	8765	Andy Parkinson	Winchester & Distr	1006	0:55:17	7498	Richard Conder	Low Fell RC	1106	0:56:49	8868	Mark Dye	York Knavesmire H
907	0:53:56	7408	John Connolly	Liverpool Harriers i	1007	0:55:18	6693	Kevin Chadwick	Dulwich Runners A	1107	0:56:49	7351	David Pearce	Leicester Coritania
908	0:53:56	8487	Manuel Da Silva	Thames Valley Har	1008	0:55:20	8194	Sam Pearch	Shelton Striders	1108	0:56:50	7530	Andrew Parsonage	Manchester Harrie
909	0:53:56	6763	Paul Cates	Eton Manor AC	1009	0:55:21	7822	Oliver Simon Pike	Penistone Footpat	1109	0:56:51	8328	Colin Braybrook	St Albans Striders
910	0:53:57	8134	William Lake	Serpentine RC	1010	0:55:21	7607	Ian Watson	Matlock Athletic C	1110	0:56:51	8588	Paul Burslem	Trentham RC
911	0:53:58	8616	Tom Crossley	Tyne Bridge Harrie	1011	0:55:22	8428	Nick Luke	Sutton In Ashfield	1111	0:56:51	7105	Will Meredith	Holme Pierrepont I
912	0:53:58	8865	Danny Chan	York Knavesmire H	1012	0:55:22	8839	Joel Kerrigan	Workshop Harriers	1112	0:56:51	6851	Will Purcell	Great Western Rur
913	0:53:58	6820	Mark Keeling	Gloucester AC	1013	0:55:23	8757	Adam Neale	Wilmslow Running	1113	0:56:52	8867	Pete Downes	York Knavesmire H
914	0:53:58	8275	Matthew Keogh	Southampton Athl	1014	0:55:23	8056	Darren White	Barnet & District A	1114	0:56:55	7261	Simon Neville	Keswick Aac
915	0:53:58	6646	Stephen Bailey	Derwent Runners (	1015	0:55:23	7485	Mark Lay	Long Eaton Runnin	1115	0:56:55	6858	Andrew Flanagan	Guildford & Godalr
916	0:53:59	7743	Simon Wright	Norwich Road Run	1016	0:55:25	8180	Benjamin Mahoney	Sheffield RC	1116	0:56:57	8730	Ewan Paton	Westbury Harriers
917	0:53:59	7867	Alex Waddelove	Preston Harriers	1017	0:55:25	6786	Paul Griffiths	Formula One Circu	1117	0:56:57	8493	James Malcolm	Thames Valley Har
918	0:54:00	6898	Craig Fishwick	Hallamshire Harrie	1018	0:55:26	6500	Christopher Scott	City Of Portsmouth	1118	0:56:58	7594	Simon Neale	Massey Ferguson F
919	0:54:00	8850	Alan Harris	Wycombe Phoenix	1019	0:55:26	7608	Peter Wilmot	Matlock Athletic C	1119	0:57:00	6140	Phil Herd	Beeston AC
920	0:54:00	7377	Mark Dunworth	Lincoln & District R	1020	0:55:27	8251	John Foss	South London Harr	1120	0:57:01	8696	Mark Boyce	Wellingtonborough &
921	0:54:00	7378	Jon Henderson	Lincoln & District R	1021	0:55:27	7617	Gordon Baird	Middlesbrough & (	1121	0:57:02	8752	Jarrold Homer	Wilmslow Running
922	0:54:00	7588	Ross Wood	Marshall Milton Ke	1022	0:55:27	7923	Richard Morris	Redhill Road Runni	1122	0:57:03	8408	David Smyth	Stratford Upon Avc
923	0:54:01	8484	Greg Bennett	Thames Valley Har	1023	0:55:28	6282	Calum Storey	Blyth Running Club	1123	0:57:04	8018	Vincent Carroll	Rugby & Northam
924	0:54:03	8678	Phil Cuthbert	Wallasey Athletic C	1024	0:55:28	8376	Kevin Sibley	Steel City Striders I	1124	0:57:04	6236	Shaun Mason	Birtley AC
925	0:54:04	6079	Andrew Cunningham	Barnet & District A	1025	0:55:28	6494	John Brimecome	City Of Portsmouth	1125	0:57:04	8178	Gareth Irvine	Sheffield RC
926	0:54:06	6109	Ian Parker	Beaumont RC	1026	0:55:29	6780	Simon Coffey	Folkestone AC	1126	0:57:05	6200	Paul Lemmon	Bingley Harriers &
927	0:54:07	8317	Ian Wilson	Spensborough & Di	1027	0:55:29	7924	Simon Nash	Redhill Road Runn	1127	0:57:07	6234	David Francis	Birtley AC
928	0:54:08	6838	Stephen Hobday	Grantham AC	1028	0:55:30	7039	James Ward	Herne Hill Harriers	1128	0:57:07	7895	Andrew McDonald	Reading AC
929	0:54:08	6214	Lee Harris	Birchfield Harriers	1029	0:55:36	6390	Clem Dixon	Cambridge Harrier	1129	0:57:07	7671	Martin Bailey	Newcastle Staffs A
930	0:54:09	6182	Trevor Wilson	Belper Harriers	1030	0:55:37	8798	Jason Corns	Wolverhampton &	1130	0:57:10	7430	Gareth Hosgood	London Frontrunn
931	0:54:09	7152	Stephen Snow	Huncofte Harriers	1031	0:55:37	7750	Michael Benford	Notts AC	1131	0:57:11	6744	David Jardin	Elswick Harriers
932	0:54:09	7119	Robert Hinchliffe-Smith	Holmfirth Harriers	1032	0:55:37	6691	Rob Sannwald	Dudley Kingswinfo	1132	0:57:11	7687	David Kail	Newham & Essex E
933	0:54:10	8415	Andrew Stockwell	Stubbington Greer	1033	0:55:38	8266	Miles Weston	South Shields Harr	1133	0:57:12	8695	Colin Taylor	Watford Joggers
934	0:54:10	7339	Martin Farran	Leeds City Athletic	1034	0:55:38	8909	Ben Pilsbury	Wolverhampton &	1134	0:57:12	8107	Paul Stevenson	Salford Metropolitan
935	0:54:11	6184	Jonathan Armstrong	Bexley AC	1035	0:55:39	6815	Paul Barlow	Gloucester AC	1135	0:57:13	8812	Lionel Spittle	Wolverhampton &
936	0:54:11	6756	Simon Bean	Epsom & Ewell Har	1036	0:55:40	7176	Joshua Hazeldine	Ilkeston Running C	1136	0:57:14	7736	Mark Garrett	Norwich Road Run
937	0:54:12	6173	James Hart	Belper Harriers	1037	0:55:42	7122	Mark Law	Holmfirth Harriers	1137	0:57:15	6973	Paul Winfield	Heanor Running Cl
938	0:54:13	6405	Aidan McCormack	Cannock & Staffor	1038	0:55:42	7097	Tom Davies	Holme Pierrepont	1138	0:57:15	6750	Richard Hill	Ely Runners
939	0:54:14	8564	Mark Pitcairn-Knowles	Tonbridge AC	1039	0:55:44	6686	Mark Homer	Dudley Kingswinfo	1139	0:57:16	7548	Garry Hodgkins	Mansfield Harriers
940	0:54:15	6569	James Bennett	Coventry Godiva H	1040	0:55:44	6722	Martin Shelley	Ealing Southall & N	1140	0:57:18	7094	Nick Moore	Hinckley Running C
941	0:54:16	8432	Damien Hersey	Sutton Runners	1041	0:55:45	6826	Steve Boddy	Gosforth Harriers I	1141	0:57:19	6235	Jamie Graham	Birtley AC
942	0:54:17	7194	Stephen Coy	Ilkley Harriers AC	1042	0:55:45	7657	Andy Todd	Nene Valley Harrie	1142	0:57:20	8838	John Hewitt	Workshop Harriers
943	0:54:18	6308	Stuart Pearson	Bournville Harriers	1043	0:55:45	7438	Peter Bakewell	London Heathside	1143	0:57:21	7598	Ian Redford	Massey Ferguson F
944	0:54:18	8353	Martin Dearden	Staffs Moorlands A	1044	0:55:46	7920	Peter McNally	Redhill Road Runn	1144	0:57:21	8719	John Parlevliet	West Cheshire Ath
945	0:54:19	7740	Carl Sherry	Norwich Road Run	1045	0:55:46	6223	Huw Jones	Birmingham Runni	1145	0:57:22	8399	Elliot Wells	Stowmarket Stride
946	0:54:19	6861	Ben Gilmore	Guildford & Godalr	1046	0:55:47	7628	Steve Haswell	Morpeth Harriers I	1146	0:57:22	6105	Gareth Coyle	Beaumont RC
947	0:54:20	8433	Kevin Lewis	Sutton Runners	1047	0:55:47	8541	Alan Buckle	Tonbridge AC	1147	0:57:22	7741	Paul Sullivan	Norwich Road Run
948	0:54:21	7055	Joseph Lowe	Highgate Harriers	1048	0:55:47	6281	Graeme Stewart	Blyth Running Club	1148	0:57:23	8346	Michael Dobson	Stafford Harriers
949	0:54:22	7027	Andrew Grigg	Herne Hill Harriers	1049	0:55:51	6033	Richard Guy Smith	Aldershot Farnhar	1149	0:57:24	6046	Mark Shaw	Aldridge RC
950	0:54:23	6399	Christian Poulton	Cambridge Harrier	1050	0:55:52	8203	Richard Jones	Shrewsbury AC	1150	0:57:26	6518	Michael Raynes	City of York AC
951	0:54:24	6014	Brendan Cottrell	Aldershot Farnhar	1051	0:55:52	8438	Steven Doxey	Swinton RC	1151	0:57:27	8860	Jonathan Meadows	Wye Valley Runner
952	0:54:24	8681	Michael Kelly	Wallasey Athletic C	1052	0:55:53	7471	Timothy Baggs	Long Eaton Runnin	1152	0:57:27	8036	Danny McIntyre	Rushcliffe AC
953	0:54:25	7195	David Westhead	Ilkley Harriers AC	1053	0:55:54	8797	Rob Cartwright	Wolverhampton &	1153	0:57:28	8297	James Hannon	Sparkhill Harriers
954	0:54:27	7821	Richard MacKie	Penistone Footpat	1054	0:55:56	8729	Chris Palmer	Westbury Harriers	1154	0:57:28	6226	Martin Ludford	Birmingham Runni
955	0:54:27	8316	Gerard Skippings	Spensborough & Di	1055	0:55:57	8459	Nick Thomas	Telford AC	1155	0:57:28	6957	Doug Simpson	Headington RR
956	0:54:28	6730	Gary Matthews	East Cheshire Harri	1056	0:55:58	6416	Shaun Hemmings	Centurion RC	1156	0:57:33	7967	Nick Barton	Rochdale Harriers i
957	0:54:28	6541	Philip Woodhouse	Cleethorpes and D	1057	0:55:59	7595	Jason Nicholson	Massey Ferguson F	1157	0:57:33	8062	Andy Wardle	Rushcliffe AC
958	0:54:30	8440	Kevin Woodward	Swinton RC	1058	0:56:01	7673	David Crowther	Newcastle Staffs A	1158	0:57:33	7324	Brian Miller	Leamington Cyclin
959	0:54:31	7953	Richard Kimber	Ripley Running Clu	1059	0:56:02	6472	David Breingan	Chiltern Harriers A	1159	0:57:35	6141	Matt Jones	Beeston AC
960	0:54:32	6209	Rob Deakin	Birchfield Harriers	1060	0:56:04	8001	Matthew Littlewood	Rotherham Harrier	1160	0:57:35	7945	Simon Withers	Richmond & Zetlar
961	0:54:35	6148	George Russell	Beeston AC	1061	0:56:05	6540	Jonathan Troop	Cleethorpes and D	1161	0:57:37	6689	David Norman	Dudley Kingswinfo
962	0:54:36	6563	Neal Humphreys	Corby AC	1062	0:56:06	6423	Edmund Wallace	Centurion RC	1162	0:57:38	6532	David Burrell	Cleethorpes and D
963	0:54:37	6850	Gary Hunt	Great Western Rur	1063	0:56:06	7575	Christopher Jam Dunn	Marshall Milton Ke	1163	0:57:38	8184	Patrick Day	Sheffield Tri Club
964	0:54:37	7368	Timothy Inchley	Leighton Buzzard A	1064	0:56:06	8760	Matt Taylor	Wilmslow Running	1164	0:57:40	6824	Ian Summers	Gloucester AC
965	0:54:38	8742	Mark Morgan-Hillam	Wigan & District H	1065	0:56:09	7501	Neil James Kavanagh	Low Fell RC	1165	0:57:40	6111	Kevin Waite	Beaumont RC
966	0:54:39	7496	Jason Stainton	Louth AC	1066	0:56:10	8701	Nicholas Sinnott	Wellingtonborough &	1166	0:57:41	8142	Darren Over	Serpentine RC
967	0:54:39	7468	Samuel Thompson	London Heathside	1067	0:56:11	7915	Ashley Illingsworth	Redhill Road Runn	1167	0:57:43	8007	Hadrian Knight	Rothwell & District
968	0:54:40	6994	David Scrimshaw	Hercules Wimbled	1068	0:56:12	6482	Stephen Welch	Chorlton Runners	1168	0:57:44	6799	Nathaniel Hicks	Fulham Running Cl
969	0:54:41	7806	Nick Bott	Owls AC Leicester	1069	0:56:13	7446	Gavin Evans	London Heathside	1169	0:57:47	7463	Martin Potter	London Heathside
970	0:54:42	8777	Richard Bargh	Wirral AC	1070	0:56:13	8401	Malcolm Bowyer	Stratford Upon Av	1170	0:57:48	8165	Tim Parkin	Shaftesbury Barne
971	0:54:44	6250	Timothy Ayres	Blackheath And Br	1071	0:56:13	6773	Richard Parr	Eton Manor AC	1171	0:57:51	6916	William Clapp	Harborough AC
972	0:54:45	8391	Jason Allard	Stowmarket Stride	1072	0:56:15	8790	Nick Wilson	Wirral AC	1172	0:57:51	6081	Peter Ellis	Barnet & District A
973	0:54:47	6866	Lee Lintern	Guildford & Godalr	1073	0:56:15	6663	Jim Watt	Derwent Runners (	1173	0:57:54	8802	Matthew Guy	Wolverhampton &
974	0:54:47	7160	Ian Marshall	Huntingdonshire A	1074	0:56:18	7401	Justin Williams	Lincoln Wellington	1174	0:57:54	8092	Andrew Martin	Salford Harriers &
975	0:54:49	7592	Ross Thomas Cooper	Massey Ferguson F	1075	0:56:19	6149	Richard Upward	Beeston AC	1175	0:57:55	6883	James Parker	Halesowen ACC
976	0:54:50	6647	Martin Barradell	Derwent Runners (	1076	0:56:20	7886	Vaughan Ramsay	Ranelagh Harriers	1176	0:57:56	6848	Brendon Gould	Great Western Rur
977	0:54:50	7572	Jack Comerford	Marshall Milton Ke	1077	0:56:20	8182	Jed Turner	Sheffield RC	1177	0:57:57	7549	Craig Linacre	Mansfield Harriers
978	0:54:51	7196	Adam McKenna	Invicta East Kent A	1078	0:56:20	6094	Christopher Hitchings	Barrow Runners	1178	0:57:58	6441	Nick White	Charnwood A C
979	0:54:53	7994	Howard Darwin	Rotherham Harrier	1079	0:56:21	7428	Shane Cullinan	London Frontrunn	1179	0:57:58	7768	Anthony Meenaghan	Notts AC
980	0:54:54	7654	Simon Parkes	Nene Valley Harrie	1080	0:56:21	6100	Chris Trinder	Barrow Runners	1180	0:57:59	7878	Matt Wooden	Queen's Park Harri
981	0:54:54	6228	Andy Piddington	Birmingham Runni	1081	0:56:21	6429	James Ketteringham	Charnwood A C	1181	0:58:00	6314	Matthew Slater	Bournville Harriers
982	0:54:54	7868	Chris Wales	Preston Harriers	1082	0:56:21	8082	Mohammed Yousaf Butt	Salford Harriers &	1182	0:58:02	8751	Richard Hiron	Wilmslow Running
983	0:54:54	7877	Darren Wright	Quakers Running C	1083	0:56:23	7798	James Mason	Nuneaton Harriers	1183	0:58:02	7802	Benjamin Fisher	Orion Harriers
984	0:54:55	7126	Dan Stewart	Holmfirth Harriers	1084	0:56:26	6770</							

# Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1201	0:58:16	6137	Gary Fox	Beeston AC	1301	0:59:50	6818	David Gresswell	Gloucester AC	1401	1:01:20	8565	Richard Puxty	Tonbridge AC
1202	0:58:17	8536	Tobin Bird	Tonbridge AC	1302	0:59:50	7916	Francesco Lari	Redhill Road Runn	1402	1:01:20	7503	Ian Marriott	Low Fell RC
1203	0:58:19	6881	Andrew Nock	Halesowen ACC	1303	0:59:51	7167	Ryan Blake	Ilkeston Running C	1403	1:01:24	7424	Romuald Bernier	London Frontrunn
1204	0:58:20	8483	Richard Bell	Thames Valley Har	1304	0:59:52	6176	Andrew Nash	Belper Harriers	1404	1:01:25	7962	Ben Milsom	Roadhogs Leicest
1205	0:58:21	6414	James Eckloff	Centurion RC	1305	0:59:55	6021	Andrew Hislop	Aldershot Farnhar	1405	1:01:26	6072	David Warren	Avon Valley Runne
1206	0:58:22	7091	Mark Bailey	Hinckley Running C	1306	0:59:56	7286	Thomas Skidmore	Kings Heath RC - T	1406	1:01:27	6280	Paul Knight	Blyth Running Club
1207	0:58:22	7664	Gareth Owens	Newark AC	1307	0:59:56	6645	Oliver Astley	Derwent Runners (	1407	1:01:27	7956	Richard West	Ripley Running Clu
1208	0:58:23	8043	Tom York	Rushcliffe AC	1308	0:59:58	6557	Liam Kemp	Derwent Runners (	1408	1:01:29	8626	Michael Gaynor	University of Nottii
1209	0:58:24	6600	James Moore	Croydon Harriers	1309	1:00:00	7508	Michael Smith	Lymm Runners	1409	1:01:30	8105	Girish Patel	Salford Metropolit
1210	0:58:24	7732	Damian Pharoah	Northbrook AC	1310	1:00:01	6974	Robert Brown	Heaton Harriers &	1410	1:01:30	8627	Matthew Grammatico	University of Nottii
1211	0:58:25	8109	Raymond Carmichael	Sedgefield Harriers	1311	1:00:02	6396	Graham Maynard	Cambridge Harrier	1411	1:01:30	8418	Shaun Bagley	Sunderland Harrier
1212	0:58:25	6587	David Cook	Crawley AC	1312	1:00:03	6594	Neil Aikman	Croydon Harriers	1412	1:01:31	7834	Dominic Roberts	Pensby Runners
1213	0:58:26	7448	Mark George	London Heathside	1313	1:00:04	8853	Mike Taylor	Wycombe Phoenix	1413	1:01:31	7655	Paul Parkin	Nene Valley Harrie
1214	0:58:28	6887	Mark Crabtree	Halifax Harriers &	1314	1:00:04	6666	Lea Tatton	Desford Striders	1414	1:01:31	8589	Adrian Frost	Trentham RC
1215	0:58:29	8512	Mark Fantom	Tipton Harriers	1315	1:00:06	8845	Stephen Gill	Wrekin Road Runn	1415	1:01:33	8041	Derk Van Der Wardt	Rushcliffe AC
1216	0:58:29	7319	Paul Caruana	Leamington Cycling	1316	1:00:07	6570	Nick Bennett	Coventry Godiva H	1416	1:01:34	6424	Leonard Wallace	Centurion RC
1217	0:58:30	8359	Andy Buck	Steel City Striders I	1317	1:00:08	6597	Oliver Hosken	Croydon Harriers	1417	1:01:35	8015	Matt Powell	Royal Sutton Coldfi
1218	0:58:30	7305	Peter Austin	Knowle & Dorridge	1318	1:00:08	7965	James Thurman	Roadhogs Leicest	1418	1:01:36	6965	Paul Mercer	Heanor Running Cl
1219	0:58:31	6830	Matthew Gwilym	Gosforth Harriers &	1319	1:00:09	7376	Ian Coney	Lincoln & District F	1419	1:01:36	8364	Martin Greenaugh	Steel City Striders I
1220	0:58:33	6589	Neil Fowler	Creswe And Nantwi	1320	1:00:09	7887	Peter Weir	Ranelagh Harriers	1420	1:01:38	7599	Dean Semple	Massey Ferguson F
1221	0:58:33	6746	Geoff Davis	Elvet Striders	1321	1:00:12	8246	Billy Casserley	South London Harr	1421	1:01:40	7403	Ian Greenaway	Lingfield RC
1222	0:58:33	8347	Antony Haycock	Stafford Harriers	1322	1:00:14	6619	Kevin Wilson	Darlington H & AC	1422	1:01:42	6278	Steven French	Blyth Running Club
1223	0:58:34	7151	Graeme Slight	Huncote Harriers	1323	1:00:15	6568	Jose Gonzalez	Coventry Godiva H	1423	1:01:45	8786	Andrew Vernon	Quakers Running C
1224	0:58:34	8754	James MacDonald	Wilmslow Running	1324	1:00:15	7101	John Harrison	Holme Pierrepont	1424	1:01:47	8416	Gordon Westley	Stubbington Green
1225	0:58:34	7928	Alastair Reilly	Redhill Road Runne	1325	1:00:16	8133	Fraser Johnson	Serpentine RC	1425	1:01:51	7929	Paul Stacey	Redhill Road Runne
1226	0:58:35	8366	Chris Hodson	Steel City Striders I	1326	1:00:16	6171	Simon Edwards	Belper Harriers	1426	1:01:52	8135	Sammy Li	Serpentine RC
1227	0:58:36	8304	Dave Pearson	Sparkhill Harriers	1327	1:00:16	8362	Tom Childs	Steel City Striders I	1427	1:01:53	7264	Ian Hearne	Kettering Town Ha
1228	0:58:36	6991	Mark Livingstone	Hercules Wimblede	1328	1:00:17	8705	Martin Stevens	Werrington Jogger	1428	1:01:55	8325	David West	Sphinx AC
1229	0:58:37	6557	Chris Barnes	Corby AC	1329	1:00:17	8378	Mick Wall	Steel City Striders I	1429	1:01:56	8350	Jason Littlewood	Stafford Harriers
1230	0:58:37	6227	Ming Nham	Birmingham Runni	1330	1:00:17	7961	Dave Lodwick	Roadhogs Leicest	1430	1:01:57	7927	Sidney Periera	Redhill Road Runne
1231	0:58:38	7372	Dan Webb	Leighton Buzzard A	1331	1:00:20	6364	Stefan Ledin	Buxton AC	1431	1:01:58	7011	Robert Pollard	Hermitage Harriers
1232	0:58:39	8265	Colin Robson	South Shields Harri	1332	1:00:23	6839	Chris Hunt	Grantham AC	1432	1:01:58	6045	Mark O'Rourke	Aldridge RC
1233	0:58:40	8842	Richard Botting	Wreake and Soar V	1333	1:00:24	6827	Steven Bond	Gosforth Harriers &	1433	1:01:59	7156	Derek Darnell	Huntingdonshire A
1234	0:58:40	8669	Jeremy Frain	Wakefield District I	1334	1:00:24	6548	Nick Roberts	Clowne Road Runn	1434	1:02:03	7102	Simon Higson	Holme Pierrepont
1235	0:58:41	7796	Andrew Harris	Nuneaton Harriers	1335	1:00:25	8300	Andy Manning	Sparkhill Harriers	1435	1:02:03	6066	Phil Harding	Avon Valley Runne
1236	0:58:42	8697	John Donaldson	Wellingborough &	1336	1:00:25	6623	Connor Campbell	Dartford Harriers A	1436	1:02:05	6888	Mark Gaughan	Halifax Harriers &
1237	0:58:42	6069	Tim Lowrie	Avon Valley Runne	1337	1:00:25	7931	Christopher Ward	Redhill Road Runn	1437	1:02:05	8604	Paul Bayley	Tring RC
1238	0:58:42	7793	Alan William Glaister	Nuneaton Harriers	1338	1:00:26	7909	Paul Gibson	Redhill Road Runn	1438	1:02:10	8431	Darko Calina	Sutton Runners
1239	0:58:42	7698	Roland Allatt	North Derbyshire F	1339	1:00:30	8278	John MacInnes	Southampton Athl	1439	1:02:10	7110	Roger Spence	Holme Pierrepont I
1240	0:58:42	7723	Steve Damms	Northbrook AC	1340	1:00:31	8296	John Goulding	Sparkhill Harriers	1440	1:02:10	6922	Dan Perrin	Harborough AC
1241	0:58:43	7059	John O'Shea	Highgate Harriers	1341	1:00:31	7724	Spencer Davies	Northbrook AC	1441	1:02:11	8645	Geoff Fawkes	Vale Royal AC
1242	0:58:44	6576	Peter Eccleston	Coventry Godiva H	1342	1:00:33	8524	Robert Sedgley	Tipton Harriers	1442	1:02:15	7946	Matt Baker	Ripley Running Clu
1243	0:58:44	8677	Ian Cannings	Wallasey Athletic C	1343	1:00:34	6694	John English	Dulwich Runners A	1443	1:02:18	7230	Edgar Aston	Kent AC
1244	0:58:44	6598	Matt Kiernan	Croydon Harriers	1344	1:00:34	7425	Christos Bitzis-Pollitis	London Frontrunn	1444	1:02:18	6975	Chris Checkley	Heaton Harriers &
1245	0:58:45	6039	Richard Deeley	Aldridge RC	1345	1:00:34	6737	Martin Hardey	East Hull Harriers F	1445	1:02:20	6328	Andrew Mitchelson	Brighton & Hove A
1246	0:58:45	7006	Adam Green	Hermitage Harriers	1346	1:00:35	6626	Jon Ives	Dartford Harriers A	1446	1:02:22	8700	Andrew Redden	Wellingborough &
1247	0:58:46	6880	Alex Morgan	Halesowen ACC	1347	1:00:36	7172	Neil Cort	Ilkeston Running C	1447	1:02:24	6259	Rod Harrington	Blackheath And Br
1248	0:58:46	8306	Paul Webster	Sparkhill Harriers	1348	1:00:37	8577	Anthony Raine	Torbay AAC	1448	1:02:27	8499	David Ford	Thames Valley Har
1249	0:58:47	6697	Duncan Hussey	Dulwich Runners A	1349	1:00:37	6655	David Hayden	Derwent Runners (	1449	1:02:32	7390	Francis Ward	Lincoln Wellington
1250	0:58:51	8032	Adrian White	Rugby & Northam	1350	1:00:38	7971	John Mayall	Rochdale Harriers	1450	1:02:35	6549	Paul Sadler	Clowne Road Runn
1251	0:58:52	6316	Daniel Wilson	Bournville Harriers	1351	1:00:38	8461	Victor Bennett	Telford Harriers	1451	1:02:37	7034	Valdis Pauzers	Herne Hill Harriers
1252	0:58:53	7154	Ian Thompson	Huncote Harriers	1352	1:00:41	7481	Matthew Hooton	Long Eaton Runnin	1452	1:02:39	7500	Philip Halse	Low Fell RC
1253	0:58:54	8691	Alan Kennedy	Watford Joggers	1353	1:00:42	6834	Kevin Thomas	Gosforth Harriers &	1453	1:02:42	6860	Alistair Gibson	Guildford & Godalr
1254	0:58:54	7490	Richard Wilkinson	Long Eaton Runnin	1354	1:00:43	6766	Dave Daugrida	Eton Manor AC	1454	1:02:43	7103	Richard Jones	Holme Pierrepont I
1255	0:58:55	7387	Alan Evans	Lincoln Wellington	1355	1:00:44	7897	Darren Stevens	Reading AC	1455	1:02:44	7476	Ashley Chapman	Long Eaton Runnin
1256	0:58:55	8260	Tom Davies	South Shields Harri	1356	1:00:45	7800	Bill Bennett	Orion Harriers	1456	1:02:45	6816	Simon Barnes	Gloucester AC
1257	0:58:56	8318	James Abrams	Sphinx AC	1357	1:00:46	8862	Martin Kirby	York Acorn Runnin	1457	1:02:46	6474	Nicholas Marsh	Chiltern Harriers A
1258	0:58:58	8841	Colin Laughton	Worsop Harriers	1358	1:00:47	7523	Simon Read	Maidstone Harrier	1458	1:02:46	6134	Paul Dennis	Beeston AC
1259	0:58:58	7145	Shaun McGrath	Houghton Harriers	1359	1:00:47	8638	Alan Roberts	Vale Of Aylesbury	1459	1:02:47	8385	James Bellamy	Stourbridge RC
1260	0:58:59	8239	Steven Howes	Solihull & Small He	1360	1:00:48	7183	John Reynolds	Ilkeston Running C	1460	1:02:48	7795	Christopher Jam Hamer-	Nuneaton Harriers
1261	0:58:59	7211	John Conroy	Keighley & Craven	1361	1:00:48	7591	Simon Brown	Massey Ferguson F	1461	1:02:49	8340	Andrew O'Connor	St Helens Sutton A
1262	0:59:00	7981	Darren Potter	Rolls Royce Harrier	1362	1:00:48	7791	Peter Barzetovic	Nuneaton Harriers	1462	1:02:50	7096	Gary Cragg	Holme Pierrepont I
1263	0:59:01	7875	Michael Thompson	Quakers Running C	1363	1:00:49	8356	Dave Ansell	Steel City Striders I	1463	1:02:51	8008	John McCarthy	Rothwell & District
1264	0:59:02	7312	Christopher Revell	Knowle & Dorridge	1364	1:00:49	6659	Mike McGuinn	Derwent Runners (	1464	1:02:54	8365	James Grinham	Steel City Striders I
1265	0:59:11	6435	John Rees	Charnwood A C	1365	1:00:49	8240	Paul Lloyd	Solihull & Small He	1465	1:02:54	7801	Stephen Bennett	Orion Harriers
1266	0:59:11	8216	Christopher Morrison	Sinfin Running Clu	1366	1:00:50	8437	Simon Thornhill	Sutton Runners	1466	1:02:57	6002	Russell Tuffin	4Life Triathlon Clu
1267	0:59:11	7232	Michael Barlow	Kent AC	1367	1:00:51	6970	Ian Salt	Heanor Running Cl	1467	1:03:00	7672	Mark Cotton	Newcastle Staffs A
1268	0:59:12	6373	Ben Chamberlain	Cambridge & Coler	1368	1:00:51	8312	Stephen Victor Hunt	Spenborough & Di	1468	1:03:01	7388	Simon Machin	Lincoln Wellington
1269	0:59:13	8035	Jonathan Maston	Rushcliffe AC	1369	1:00:52	8352	Ian Wood	Stafford Harriers	1469	1:03:02	8008	Matthew Moore	Hermitage Harriers
1270	0:59:15	8363	Stephen Clarke	Steel City Striders I	1370	1:00:52	6496	Tony Hewett	City Of Portsmouth	1470	1:03:02	7770	Richard Mitson	Notts AC
1271	0:59:17	8692	Josh Marsh	Watford Joggers	1371	1:00:53	6401	Simon Gilbert	Cambridge Univers	1471	1:03:02	6752	Matthew Mason	Ely Runners
1272	0:59:18	8629	Kelvin Leong	University of Nottii	1372	1:00:53	7173	Simon Davis	Ilkeston Running C	1472	1:03:02	6855	Andrew Baker	Guildford & Godalr
1273	0:59:19	7593	Dave Lee	Massey Ferguson F	1373	1:00:53	8025	Daniel Nikel	Rugby & Northam	1473	1:03:05	8662	David Campbell	Vegan Runners UK
1274	0:59:23	7159	Shane Hunt	Huntingdonshire A	1374	1:00:55	8886	Charles Whitmore	Tonbridge AC	1474	1:03:07	7201	Darren Harger	Istead & Ifield Harr
1275	0:59:24	8632	Allan Wilson	University of Nottii	1375	1:00:56	8522	David Orme	Tipton Harriers	1475	1:03:07	8181	Andrew Pickard	Sheffield RC
1276	0:59:25	8084	Paul Creighton	Salford Harriers &	1376	1:00:57	8407	Michael Sheppard	Stratford Upon Av	1476	1:03:09	7427	Neil Colquhoun	London Frontrunn
1277	0:59:29	7506	Danny Wade	Low Fell RC	1377	1:00:57	8801	Robert Edwards	Wolverhampton &	1477	1:03:15	7952	Carl Hopkinson	Ripley Running Clu
1278	0:59:30	6695	Mark Foster	Dulwich Runners A	1378	1:00:57	8308	Stephen Rendu	Rushcliffe AC	1478	1:03:16	6206	Keith Boxley	Birchfield Harriers
1279	0:59:30	6833	Richard McQuade	Gosforth Harriers &	1379	1:00:58	6181	Malcolm Weir	Belper Harriers	1479	1:03:18	8230	David Burton	Sleaford Striders A
1280	0:59:31	8322	Wayne Broadbent	Sphinx AC	1380	1:00:58	7604	Anthony Lester	Matlock Athletic C	1480	1:03:18	6721	Steve Plested	Ealing Southall & N
1281	0:59:32	6768	Daniel Hall	Eton Manor AC	1381	1:00:59	6856	Terry Booth	Guildford & Godalr	1481	1:03:19	7373	Sean Westrope	Leighton Buzzard A
1282	0:59:34	6362	Peter Bailey	Buxton AC	1382	1:00:59	6425	Daniel Wrenn	Centurion RC	1482	1:03:20	8232	Mokhtar El Bouzidi Ague	Sleaford Striders A
1283	0:59:35	7297	Ian Rivers	Kirkby Milers AC	1383	1:01:00	8010	Marc Randall	Rothwell & District	1483	1:03:20	824		

# Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1501	1:03:50	6465	Andrew Softley	Chesapeake Road I	1601	1:07:28	6608	Richard Bowes	Darlington H & AC	1701	1:12:21	8136	Greg Marshall	Serpentine RC
1502	1:03:52	6038	Leigh Ally	Aldridge RC	1602	1:07:30	8294	Anthony Edwards	Sparkhill Harriers	1702	1:12:25	7528	Denis Kelly	Manchester Harrie
1503	1:03:54	8642	John Clarke	Vale Royal AC	1603	1:07:32	7906	Terry Chambers	Redhill Road Runn	1703	1:12:26	7763	Steven Leek	Notts AC
1504	1:03:54	6044	Philip Morris	Aldridge RC	1604	1:07:34	8576	Craig McGuire	Torbay AAC	1704	1:12:28	7325	Graham Roberts	Leamington Cyclin
1505	1:03:54	7807	Dale Cave	Owls AC Leicester	1605	1:07:37	7676	Paul Wakefield	Newcastle Staffs A	1705	1:12:31	8345	Roy Clay	Stafford Harriers
1506	1:03:54	7700	Steven Briddon	North Derbyshire F	1606	1:07:43	7288	Paul Ward	Kings Heath RC - T	1706	1:12:40	7287	Steve Timms	Kings Heath RC - T
1507	1:03:58	6692	Andrew Weaver	Dudley Kingswinfo	1607	1:07:43	8698	Alan Griffiths	Wellingborough &	1707	1:12:43	6358	Robert Sharratt	Burton AC
1508	1:03:58	8214	Brendan Devlin	Sinfin Running Clu	1608	1:07:46	6651	George Clark	Derwent Runners (	1708	1:12:48	7752	Paddy Clark	Notts AC
1509	1:03:59	7926	Andy Parsons	Redhill Road Runn	1609	1:07:49	6972	Stephen Wardle	Heonar Running Cl	1709	1:12:57	8824	Alistair Holford	Woodford Green A
1510	1:04:00	7112	Steve Tupholme	Holme Pierrepoint I	1610	1:08:04	6791	Steve Taylor	Formula One Circu	1710	1:12:58	8682	Keith Marsden	Wallasey Athletic C
1511	1:04:02	7451	Jacob Howe	London Heathside	1611	1:08:05	6177	Robert Norman	Belper Harriers	1711	1:13:04	6145	John O'Donnell	Beeston AC
1512	1:04:03	7825	Rob Chalmers	Pensby Runners	1612	1:08:06	8448	Mark Ison	Team Derby Runne	1712	1:13:24	7519	David Shoesmith	Macclesfield Harrie
1513	1:04:04	6135	Richard Eadsforth	Beeston AC	1613	1:08:07	6966	Eamon O'Hanlon	Heonar Running Cl	1713	1:13:31	7833	Nigel Pratten	Pensby Runners
1514	1:04:04	6077	David Byrne	Barnet & District A	1614	1:08:08	6180	Mark Riches	Belper Harriers	1714	1:13:35	8800	Darren Liddell	Race Hub
1515	1:04:06	8321	Barry Allen	Sphinx AC	1615	1:08:11	8329	Richard Derrick	St Albans Striders	1715	1:13:39	7393	George Shuttleworth	Lincoln Wellington
1516	1:04:07	7794	Peter Greenfield	Nuneaton Harriers	1616	1:08:12	8222	Paul Wood	Sinfin Running Clu	1716	1:13:42	8745	Chris Cannon	Wilmslow Running
1517	1:04:08	8040	David Sweet	Rushcliffe AC	1617	1:08:13	8623	Peter Simpson	Vegan Runners UK	1717	1:13:48	7914	Clive Hayward	Redhill Road Runn
1518	1:04:09	7488	David Patrick	Long Eaton Runnin	1618	1:08:13	8511	Paul Dolan	Tipton Harriers	1718	1:13:49	8295	Charles Fentiman	Sparkhill Harriers
1519	1:04:09	7507	Jim Dawson	Lymm Runners	1619	1:08:15	6179	Robert Pearce	Belper Harriers	1719	1:13:50	7166	Tom Bamford	Ilkeston Running C
1520	1:04:11	8549	Ian Crawley	Tonbridge AC	1620	1:08:17	8508	Andy Bentley	Tipton Harriers	1720	1:13:55	7389	Martin Morley	Lincoln Wellington
1521	1:04:12	6878	Richard Guest	Halesowen ACC	1621	1:08:19	6062	Stanley Williams	Askern & District R	1721	1:13:56	6781	Grahame Eke	Folkestone RC
1522	1:04:17	7836	Richard Shayle	Pensby Runners	1622	1:08:19	6629	Jon Moorhouse	Delamere Spartans	1722	1:14:05	6460	Richard Apaya	Chesapeake Road I
1523	1:04:17	6139	John Harrison	Beeston AC	1623	1:08:20	7478	Tim Doyle	Long Eaton Runnin	1723	1:14:14	6796	John Grigg	Fulham Running Cl
1524	1:04:18	8236	Adam Cole	Solihull & Small He	1624	1:08:23	8332	Michael Jack	St Albans Striders	1724	1:14:24	6610	Neil Embleton	Darlington H & AC
1525	1:04:19	8720	Julian Tegg	West Cheshire Ath	1625	1:08:23	7480	John Hay	Long Eaton Runnin	1725	1:14:41	6628	Roy Knight	Dartford Road Run
1526	1:04:19	7722	Kevin Coughlan	Northbrook AC	1626	1:08:24	6915	Peter Attenborough	Harborough AC	1726	1:14:46	8219	Paul Stevenson	Sinfin Running Clu
1527	1:04:25	7301	Chris Hudson	Kirkstall Harriers	1627	1:08:25	6528	Peter Browning	Clayton Le Moors I	1727	1:15:04	6172	Simon Hackett	Belper Harriers
1528	1:04:26	7824	Paul Alexander	Pensby Runners	1628	1:08:28	8320	Imran Ali	Sphinx AC	1728	1:15:34	8527	Paul Walker	Tipton Harriers
1529	1:04:27	7648	James Farrington	Nene Valley Harrie	1629	1:08:33	8683	David McAlister	Wallasey Athletic C	1729	1:15:51	7474	Colin Bostock	Long Eaton Runnin
1530	1:04:30	7270	Rob Gooch	Kimberley & Distric	1630	1:08:34	8341	Raymond Vose	St Helens Sutton A	1730	1:16:01	6147	Mark Rowlson	Beeston AC
1531	1:04:31	6464	Darren Knight	Chesapeake Road I	1631	1:08:36	6729	Martin Lewis	East Cheshire Harr	1731	1:16:08	7303	Sean O'Halloran	Kirkstall Harriers
1532	1:04:32	6073	Jonathan Carruthers	Banbury Harriers A	1632	1:08:37	6174	David Horton	Belper Harriers	1732	1:16:25	8373	Alan Pickard	Steel City Striders I
1533	1:04:33	6395	Ian Marshall	Cambridge Harrier	1633	1:08:40	7086	Trevor Steeples	Hillingdon AC	1733	1:16:32	8351	Edwin Smith	Stafford Harriers
1534	1:04:34	6952	Laurie Hurman	Headington RR	1634	1:08:42	7543	Graeme Baguley	Mansfield Harriers	1734	1:16:34	7218	Tom Dable	Kenilworth Runner
1535	1:04:34	7995	James Gallacher	Rotherham Harrier	1635	1:08:43	6618	Mark Talley	Darlington H & AC	1735	1:16:36	6190	Kevin Winch	Bexley AC
1536	1:04:36	7117	Jason Haigh	Holmfirth Harriers	1636	1:08:53	7075	Jeremy Collis	Hillingdon AC	1736	1:16:38	6398	Mal Pires	Cambridge Harrier
1537	1:04:38	8301	Robert Mills	Sparkhill Harriers	1637	1:08:58	7079	Rick Cannon	Fluckham Running Cl	1737	1:16:40	6609	Michael Dolan	Darlington H & AC
1538	1:04:40	7919	Martyn McHale	Redhill Road Runne	1638	1:08:59	6255	Nicolas Corry	Blackheath And Br	1738	1:16:44	8596	David Myatt	Trentham RC
1539	1:04:42	8595	Richard Longley	Trentham RC	1639	1:09:00	6467	Shane Walker	Chesapeake Road I	1739	1:17:13	8311	Michael Dransfield	Spenborough & Di
1540	1:04:44	8566	Duncan Ralph	Tonbridge AC	1640	1:09:02	7911	Jonathan Greentree	Redhill Road Runn	1740	1:17:15	7493	Peter Crow	Louth AC
1541	1:04:51	8217	Richard Record	Sinfin Running Clu	1641	1:09:04	6530	David James	Cic Striders	1741	1:17:46	8550	Frank Czarnowski	Tonbridge AC
1542	1:04:51	8462	Stephen Davis	Telford Harriers	1642	1:09:07	7829	Nigel Howard	Pensby Runners	1742	1:17:50	8528	Paul Watson	Tipton Harriers
1543	1:04:53	8659	Jake Towler	Valley Striders AC	1643	1:09:08	6000	Andrew Murray	Dulwich Runners A	1743	1:18:03	8676	Pete Brunt	Wallasey Athletic C
1544	1:04:55	7912	Clive Greyson	Redhill Road Runne	1644	1:09:11	7955	Ian Warton-Woods	Ripley Running Clu	1744	1:18:14	7978	Ian Lambert	Rolls Royce Harrier
1545	1:04:55	7699	Steve Bennett	North Derbyshire F	1645	1:09:16	8220	Brian Warner	Sinfin Running Clu	1745	1:18:27	8514	Carl Gayle	Tipton Harriers
1546	1:05:01	7734	Will Buck	Norwich Road Run	1646	1:09:21	8526	John Strouler	Tipton Harriers	1746	1:18:55	8661	Gary Andrews	Vegan Runners UK
1547	1:05:03	7123	Robert Robinson	Holmfirth Harriers	1647	1:09:23	8749	Patrick Grannan	Wilmslow Running	1747	1:18:57	6732	Martin McGann	East Cheshire Harr
1548	1:05:07	8361	Trevor Burton	Steel City Striders I	1648	1:09:26	6042	Michael Mason	Aldridge RC	1748	1:19:18	6632	Mick Collinson	Denby Dale Travell
1549	1:05:09	7072	John Bignell	Hillingdon AC	1649	1:09:29	7187	Ben Smyth	Ilkeston Running C	1749	1:19:33	8298	Craig Hinks	Sparkhill Harriers
1550	1:05:13	8609	Mel Taylor	Tunbridge Wells H:	1650	1:09:33	6845	Marc Tremain	Grantham Running	1750	1:19:41	8357	Terry Armstrong	Steel City Striders I
1551	1:05:18	6923	Graeme Rolfe	Harborough AC	1651	1:09:38	6844	Andrew MacAllister	Grantham Running	1751	1:20:13	6136	Shane Fenn	Beeston AC
1552	1:05:19	6822	Clive Poole	Gloucester AC	1652	1:09:39	6117	Michael Donington	Harborough AC	1752	1:20:40	8213	John Bush	Sinfin Running Clu
1553	1:05:20	8238	Tommy Hill	Solihull & Small He	1653	1:09:41	6312	Paul Samuels	Bournville Harriers	1753	1:21:00	7932	Mark Webster	Redhill Road Runn
1554	1:05:22	8233	Matthew Lennard	Sleaford Striders A	1654	1:09:42	8649	Colin Rathbone	Vale Royal AC	1754	1:22:25	6397	Mark Newell	Cambridge Harrier
1555	1:05:24	8876	John Nodder	York Knavesmire H	1655	1:09:45	7294	Gary Jones	Kirkby Millers AC	1755	1:23:23	6087	Raymond Archer	Barnsley Athletic C
1556	1:05:27	7356	Andrew Howarth	Leigh Harriers & A	1656	1:09:48	8302	Kevin Morris	Sparkhill Harriers	1756	1:23:49	7089	Alan Wells	Hillingdon AC
1557	1:05:29	6106	Des Holmes	Beaumont RC	1657	1:09:49	6466	Robert Softley	Chesapeake Road I	1757	1:24:15	6771	Paul Manson	Eton Manor AC
1558	1:05:29	8244	Barry Attwell	South London Harr	1658	1:09:53	6724	Philip York	Ealing Southall & N	1758	1:28:12	7959	Brian Feldman	Roadhogs Leicest
1559	1:05:31	6546	Richard Hind	Clowne Road Runn	1659	1:09:59	8672	Steven Armstrong	Wallasey Athletic C	1759	1:30:51	6237	Barry Murray	Birtley AC
1560	1:05:31	7731	Tom Miller	Northbrook AC	1660	1:10:04	7982	Robert Adams	Notts Royce Harrie	1760	1:33:36	8748	Trevor Faulkner	Wilmslow Running
1561	1:05:35	7129	Christopher Lee	Horsham Blue Star	1661	1:10:04	6760	Steve Wilson	Eton Manor AC	1761	1:34:39	7850	Peter Cornes	Poole AC
1562	1:05:36	8592	John Guest	Trentham RC	1662	1:10:05	7169	Richard Powell	Ilkeston Running C	1762	1:43:47	6665	Steve Morris	Desford Striders
1563	1:05:37	8434	Paul McFarlane	Sutton Runners	1663	1:10:09	8829	Trevor Power	Woodford Green A	1763	1:45:38	8191	Tim Bentley	Shelton Striders
1564	1:05:38	8372	Richard Adrian Pegg	Steel City Striders I	1664	1:10:10	6043	David McHugh	Aldridge RC					
1565	1:05:39	7905	Richard Butterworth	Redhill Road Runne	1665	1:10:11	6150	Anthony Williamson	Beeston AC					
1566	1:05:40	8704	Andrew Rawlins	Werrington Jogger	1666	1:10:18	8843	Glynn Parker	Wreake and Soar V					
1567	1:05:45	8687	Paul Thelwell	Wallasey Athletic C	1667	1:10:21	7541	Stephen Symons	Manchester Ymca					
1568	1:05:45	7276	Earl Lever	Kimberworth Strid	1668	1:10:24	7074	Robert Burton	Hillingdon AC					
1569	1:05:45	8520	Karl Lewis	Tipton Harriers	1669	1:10:31	7477	Damian Cowlshaw	Long Eaton Runnin					
1570	1:05:47	6948	Tony Collins	Havering AC	1670	1:10:34	7071	Curtis Allman	Hillingdon AC					
1571	1:05:53	6533	Wayne Byrne	Cleethorpes and D	1671	1:10:40	7733	Phillippe Rawson	Northbrook AC					
1572	1:05:55	7291	Paul Cope	Kirkby Millers AC	1672	1:10:43	6040	Simon Hudson	Aldridge RC					
1573	1:05:58	6143	Mihail Mihaylov	Beeston AC	1673	1:10:46	7489	Chris Robson	Long Eaton Runnin					
1574	1:06:00	7277	Michael Green	Kings Heath RC - T	1674	1:10:47	7969	Matthew Cox	Rochdale Harriers -					
1575	1:06:01	6553	Nick Budd	Congleton Harriers	1675	1:10:49	7284	Steve Partridge	Kings Heath RC - T					
1576	1:06:03	7516	David Larkin	Macclesfield Harrie	1676	1:10:51	6536	Andrew Gristwood	Cleethorpes And D					
1577	1:06:05	7302	Kieran O'Brien	Kirkstall Harriers	1677	1:10:54	6041	Richard Lodge	Aldridge RC					
1578	1:06:05	6849	John Hargreaves	Great Western Rur	1678	1:10:55	8403	Brian Hargvelsons	Stratford Upon Av					
1579	1:06:12	8685	Derek McArdle	Wallasey Athletic C	1679	1:10:55	6279	Craig Harmon	Blyth Running Clu					
1580	1:06:18	6216	Dave McCarthy	Birchfield Harriers	1680	1:10:56	7753	Nicholas Clarke	Notts AC					
1581	1:06:18	8262	Danny Ford	South Shields Harri	1681	1:10:57	8454	Daron Fincham	Telford AC					
1582	1:06:19	7872	Graham Park	Quakers Running C	1682	1:10:59	7706	Kevin Loftus	North Derbyshire F					
1583	1:06:27	7605	Mick Moorhouse	Matlock Athletic Cl	1683	1:11:02	7014	Richard Watson	Hermitage Harrier					
1584	1:06:29	8835	Paul Stockings	Woodford Green A	1684	1:11:05	6356	Graham Lamb	Burton AC					
1585	1:06:37	7265	Paul Young	Kettering Town Ha	1685	1:11:06	7090	Graham Wood	Hillingdon AC					
1586	1:06:39	8791	Andy King	Witham Runners (I	1686	1:11:15	6084	John Owen	Barnet & District A					
1587	1:06:40	6963	Carl Hughes	Heonar Running Cl	1687	1:11:20	6982	Danny Routledge	Heonar Harriers &					
1588	1:06:42	6710	Geoff Watson	Durham City Harrie	1688	1:11:22	6418	Adrian Lloyd	Centurion RC</					

# Senior Men

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Team Pos	Points	Team / Club	Placings
1	289	Tonbridge AC	( 4 23 37 39 41 145 )
2	293	Morpeth Harriers & AC	( 8 18 25 69 86 87 )
3	304	Bedford & County AC	( 27 28 46 63 66 74 )
4	324	Sale Harriers Manchester	( 6 13 70 77 78 80 )
5	353	Notts AC	( 17 19 21 76 102 118 )
6	382	Shaftesbury Barnet Harriers	( 9 49 51 61 82 130 )
7	520	Highgate Harriers	( 16 65 73 92 119 155 )
8	601	Aldershot Farnham & District	( 10 24 100 133 146 188 )
9	755	Lincoln Wellington Athletic Club	( 38 57 89 96 166 309 )
10	772	Serpentine RC	( 85 95 114 151 156 171 )
11	834	Kent AC	( 68 105 110 125 200 226 )
12	853	Salford Harriers & AC	( 53 103 139 158 176 224 )
13	900	Herne Hill Harriers	( 44 55 117 204 230 250 )
14	910	Hallamshire Harriers Sheffield	( 54 62 106 153 252 283 )
15	920	Cheltenham and County Harriers	( 5 47 79 159 299 331 )
16	1141	Hercules Wimbledon AC	( 122 136 185 191 249 258 )
17	1213	Woodford Green AC with Essex Ladies	( 142 154 177 197 222 321 )
18	1218	Southampton Athletic Club	( 2 20 124 194 394 484 )
19	1239	Newham & Essex Beagles AC	( 35 128 181 195 324 376 )
20	1280	Thames Hare & Hounds	( 88 152 206 268 278 288 )
21	1387	Blackheath And Bromley Harriers	( 59 174 244 245 263 402 )
22	1417	City Of Stoke AC	( 11 112 207 284 333 470 )
23	1506	Bristol and West AC (est. 1882)	( 36 50 211 289 334 586 )
24	1515	Thames Valley Harriers	( 33 56 165 192 359 710 )
25	1561	Leeds City Athletic Club	( 71 91 212 236 363 588 )
26	1651	Owls AC Leicester	( 3 182 256 338 405 467 )
27	1703	Belgrave Harriers	( 29 52 272 306 381 663 )
28	1755	Liverpool Harriers & AC	( 34 60 67 214 473 907 )
29	1896	Cambridge & Coleridge AC	( 22 135 234 386 521 598 )
30	1922	Hillingdon AC	( 101 157 201 336 507 620 )
31	2065	London Heathside Runners AC	( 43 349 360 387 421 505 )
32	2128	Guildford & Godalming AC	( 30 138 196 370 448 946 )
33	2178	Tipton Harriers	( 107 292 375 390 392 622 )
34	2214	Marshall Milton Keynes AC	( 209 248 262 428 516 551 )
35	2247	Tyne Bridge Harriers	( 141 240 427 449 457 533 )
36	2475	Nene Valley Harriers	( 140 168 302 350 671 844 )
37	2618	Peterborough AC	( 172 227 340 408 585 886 )
38	2687	Rotherham Harriers and AC	( 216 217 377 399 499 979 )
39	2844	Westbury Harriers	( 269 301 329 432 609 904 )
40	2950	Charnwood A C	( 199 243 369 475 785 879 )
41	3059	Leighton Buzzard Athletic Club	( 83 395 411 474 795 901 )
42	3069	Leamington Cycling & Athletic Club	( 164 277 320 508 642 1158 )
43	3126	York Knavesmire Harriers	( 242 282 595 614 675 718 )
44	3157	Coventry Godiva Harriers	( 173 279 354 587 824 940 )
45	3217	Kenilworth Runners	( 178 344 580 610 691 814 )
46	3383	Heanor Running Club	( 126 328 543 577 672 1137 )
47	3398	Hermitage Harriers	( 210 396 578 589 758 867 )
48	3439	Corby AC	( 343 351 495 504 784 962 )
49	3504	Wirral AC	( 187 330 603 658 756 970 )
50	3520	Cannock & Stafford AC	( 237 460 559 612 714 938 )
51	3520	Ranelagh Harriers	( 81 97 356 590 1076 1320 )
52	3540	Cambridge Harriers	( 64 147 539 811 950 1029 )
53	3763	Clapham Chasers	( 257 548 631 720 797 810 )
54	3784	Harborough AC	( 255 488 550 566 754 1171 )
55	3788	Bournville Harriers	( 418 425 513 757 825 850 )
56	3795	Heaton Harriers & AC	( 305 463 510 800 815 902 )
57	3831	Wolverhampton & Bilston	( 312 547 613 717 802 840 )
58	3867	Wilmslow Running Club	( 355 367 542 786 804 1013 )
59	3915	Fulham Running Club	( 465 556 629 666 725 874 )
60	3999	Valley Striders AC	( 232 434 442 445 903 1543 )
61	4015	Dartford Harriers AC	( 308 372 437 673 889 1336 )
62	4017	Eton Manor AC	( 485 522 624 700 777 909 )
63	4112	Knowle & Dorridge RC	( 271 487 536 738 862 1218 )
64	4121	Holme Pierrepont RC	( 450 697 719 729 760 766 )
65	4153	Steel City Striders RC	( 456 503 644 818 854 878 )
66	4196	Holmfirth Harriers AC	( 480 493 515 792 932 984 )
67	4348	Huntingdonshire AC	( 523 528 715 780 828 974 )

# Senior Men

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Team Pos	Points	Team / Club	Placings
68	4381	Rugby & Northampton AC	( 251 706 721 747 833 1123 )
69	4391	Avon Valley Runners	( 163 247 656 683 1237 1405 )
70	4455	Birchfield Harriers	( 161 290 820 929 960 1295 )
71	4564	Long Eaton Running Club	( 453 654 687 861 894 1015 )
72	4654	Gloucester AC	( 266 514 762 913 1035 1164 )
73	4720	North Derbyshire RC	( 281 481 554 659 1239 1506 )
74	4738	Lincoln & District Runners	( 525 743 790 839 920 921 )
75	4741	City Of Portsmouth AC	( 477 699 755 767 1018 1025 )
76	4775	Wallasey Athletic Club	( 592 736 773 798 924 952 )
77	4779	Barrow Runners	( 410 682 745 872 992 1078 )
78	4830	Sunderland Harriers & AC	( 275 466 583 998 1097 1411 )
79	4834	London Fronrunners	( 560 606 694 765 1079 1130 )
80	4939	East Cheshire Harriers & Tameside AC	( 31 572 761 956 988 1631 )
81	5134	Trentham RC	( 113 573 819 1105 1110 1414 )
82	5135	Spensborough & Dist AC	( 506 657 722 927 955 1368 )
83	5234	Sheffield RC	( 431 749 836 1016 1077 1125 )
84	5255	Gosforth Harriers & AC	( 490 639 876 990 1041 1219 )
85	5322	Beaumont RC	( 582 733 834 926 1101 1146 )
86	5370	Croydon Harriers	( 72 871 887 1087 1209 1244 )
87	5372	Birmingham Running Athletics & Triathlon	( 404 695 981 1045 1093 1154 )
88	5459	Barnet & District AC	( 371 789 925 1014 1172 1188 )
89	5469	Halesowen ACC	( 423 436 985 1175 1203 1247 )
90	5525	Beeston AC	( 704 803 863 961 1075 1119 )
91	5543	Rushcliffe AC	( 374 383 1152 1157 1208 1269 )
92	5601	Ripley Running Club	( 323 665 805 959 1407 1442 )
93	5623	Watford Joggers	( 417 702 847 1133 1253 1271 )
94	5630	Low Fell RC	( 461 636 1006 1065 1185 1277 )
95	5647	Ealing Southall & Middlesex AC	( 225 414 830 1040 1480 1658 )
96	5691	Redhill Road Runners	( 641 890 1022 1027 1044 1067 )
97	5716	Sleaford Striders AC	( 335 429 500 1479 1482 1491 )
98	5741	Macclesfield Harriers & AC	( 604 741 752 782 1286 1576 )
99	5819	Matlock Athletic Club	( 307 520 1010 1019 1380 1583 )
100	6063	Cleethorpes And District AC	( 596 957 1061 1088 1162 1199 )
101	6184	Blyth Running Club	( 385 900 1023 1048 1406 1422 )
102	6224	Ilkeston Running Club	( 541 637 1036 1303 1347 1360 )
103	6229	Vale Royal AC	( 208 693 730 1441 1503 1654 )
104	6327	Huncote Harriers	( 723 808 931 1223 1252 1390 )
105	6359	Rothwell & District Harriers	( 648 832 866 1167 1383 1463 )
106	6438	Great Western Runners	( 509 963 1100 1112 1176 1578 )
107	6462	Rochdale Harriers & AC	( 531 565 1156 1186 1350 1674 )
108	6478	Birtley AC	( 228 1099 1124 1127 1141 1759 )
109	6608	South London Harriers	( 511 882 1020 1321 1391 1483 )
110	6680	Northbrook AC	( 478 885 1210 1240 1341 1526 )
111	6886	Sparkhill Harriers	( 726 1153 1197 1227 1248 1335 )
112	6927	Massey Ferguson RC	( 975 1057 1118 1143 1273 1361 )
113	6928	Derwent Runners (derby)	( 915 976 1073 1307 1308 1349 )
114	6962	Belper Harriers	( 930 937 1086 1304 1326 1379 )
115	7011	South Shields Harriers & AC	( 899 1033 1192 1232 1256 1399 )
116	7012	Dulwich Runners AC	( 492 1007 1249 1278 1343 1643 )
117	7120	Nuneaton Harriers	( 742 1083 1235 1238 1362 1460 )
118	7223	Centurion RC	( 1056 1062 1102 1205 1382 1416 )
119	7238	Wellingborough & District AC	( 763 1066 1120 1236 1446 1607 )
120	7249	Kings Heath RC - The Lions	( 698 774 1291 1306 1574 1606 )
121	7312	Darlington H & AC	( 403 859 1322 1492 1601 1635 )
122	7442	Sphinx AC	( 991 1001 1257 1280 1428 1485 )
123	7444	Solihull & Small Heath Athletic Club	( 845 897 1260 1365 1524 1553 )
124	7484	Pensby Runners	( 650 860 1412 1512 1522 1528 )
125	7558	Kirkby Milers AC	( 1104 1190 1283 1288 1293 1400 )
126	7574	Stratford Upon Avon AC	( 628 1070 1122 1376 1678 1700 )
127	7665	Sinfin Running Club	( 649 1085 1266 1508 1541 1616 )
128	7845	Sutton Runners	( 941 947 1366 1438 1563 1590 )
129	8062	Stafford Harriers	( 1148 1189 1222 1369 1429 1705 )
130	8195	Roadhoggs Leicester AC	( 888 1318 1330 1404 1497 1758 )
131	8480	Aldridge RC	( 1149 1245 1432 1502 1504 1648 )