

Senior Men

Pos	Time	Name	Club	Pos	Time	Name	Club	Pos	Time	Name	Club
1	0:39:35	Ben Connor	Derby Athletic Club	101	0:43:18	Abdishakur Abdulle	Hillingdon AC	201	0:44:58	James Laing	Hillingdon AC
2	0:39:49	Alex Teuten	Southampton Athletic Club	102	0:43:20	Freddie Hessian	Notts AC	202	0:44:58	Jim Cooper	Harrow AC
3	0:39:59	Sam Stabler	Owls AC Leicester	103	0:43:21	Will Beauchamp	Salford Harriers & AC	203	0:44:59	Jackson Creegan	Gateshead Harriers & AC
4	0:40:02	Christopher Olley	Tonbridge AC	104	0:43:21	Paul Green	Sale Harriers Manchester	204	0:45:00	Jeff Cunningham	Herne Hill Harriers
5	0:40:04	Graham Hush	Cheltenham and County Harriers	105	0:43:22	Jordan Weaver	Kent AC	205	0:45:02	Mark Powell	Leicester Coritanian AC
6	0:40:18	Charlie Hulson	Sale Harriers Manchester	106	0:43:23	Robert Little	Hallamshire Harriers Sheffield	206	0:45:03	Martin Shore	Thames Hare & Hounds
7	0:40:20	Jack Martin	Stockport Harriers & AC	107	0:43:23	Joe Smith	Tipton Harriers	207	0:45:03	Oliver Langford	City Of Stoke AC
8	0:40:22	Jonathan Taylor	Morpeth Harriers & AC	108	0:43:24	Jack Parslow	Dacorum & Tring AC	208	0:45:04	Oliver Williams	Valle Royal AC
9	0:40:23	Richard Horton	Shaftesbury Barnet Harriers	109	0:43:24	Daniel Kestrel(chan)	Barnsley Athletic Club	209	0:45:05	Steve Tuttle	Marshall Milton Keynes AC
10	0:40:28	Jonathan Hay	Aldershot Farnham & District	110	0:43:26	Christopher Greenwo	Kent AC	210	0:45:06	Jason Williams	Hermitage Harriers
11	0:40:28	Alexander Brecker	City Of Stoke AC	111	0:43:29	Alex Pilcher	Derby Athletic Club	211	0:45:08	Maciej Bialogonski	Bristol and West AC (est. 1882)
12	0:40:29	Callum Johnson	Gateshead Harriers & AC	112	0:43:30	David Sheldon	City Of Stoke AC	212	0:45:09	Alexander Davy	Leeds City Athletic Club
13	0:40:30	Jamie Roden	Sale Harriers Manchester	113	0:43:30	Simon Myatt	Trentham RC	213	0:45:10	David Norman	Altrincham & District AC
14	0:40:30	Zak Seddon	Bracknell AC	114	0:43:32	Richard Phillips	Serpentine RC	214	0:45:11	James Horman	Liverpool Harriers & AC
15	0:40:36	Peter Huck	Barrow & Furness Striders AC	115	0:43:33	James Wignall	Sale Harriers Manchester	215	0:45:11	Michael Ellis	Tonbridge AC
16	0:40:40	Andrew Maud	Highgate Harriers	116	0:43:35	Jack Nixon	Stockport Harriers & AC	216	0:45:13	Sam Clegg	Rotherham Harriers and AC
17	0:40:47	Douglas Musson	Notts AC	117	0:43:35	Christopher Busaleh	Herne Hill Harriers	217	0:45:13	Kyle Craib	Rotherham Harriers and AC
18	0:40:50	Carl Avery	Morpeth Harriers & AC	118	0:43:36	Tim Hartley	Notts AC	218	0:45:13	Daniel Bradley	Tonbridge AC
19	0:40:54	Peter Hodgkinson	Notts AC	119	0:43:38	Robert Wilson	Highgate Harriers	219	0:45:14	Oliver Carrington	Newark AC
20	0:40:55	Jamie Knapp	Southampton Athletic Club	120	0:43:38	Alasdair Russell	Kendal Amateur Athletic Club	220	0:45:16	Chris McGurk	Notts AC
21	0:40:57	Jonathan Thewlis	Notts AC	121	0:43:41	Grant Twist	Chelmsford AC	221	0:45:17	James Turner	Brighton & Hove AC
22	0:41:00	Bijan Mazheri	Cambridge & Coleridge AC	122	0:43:42	Frederick Slemeck	Hercules Wimbledon AC	222	0:45:18	Darren Southcott	Woodford Green AC with Essex Ladies
23	0:41:00	Corey De'Ath	Tonbridge AC	123	0:43:42	Robert Balmbra	Morpeth Harriers & AC	223	0:45:19	Danny Russell	Highgate Harriers
24	0:41:02	Jack Rowe	Aldershot Farnham & District	124	0:43:43	Alex Wall-Clarke	Southampton Athletic Club	224	0:45:20	David Rigby	Salford Harriers & AC
25	0:41:03	Peter Newton	Morpeth Harriers & AC	125	0:43:44	Neil Phillips	Kent AC	225	0:45:23	Ben Waterman	Ealing Southall & Middlesex AC
26	0:41:06	Christopher Farrell	Horwich R M I Harriers	126	0:43:44	Joe Rainsford	Heanor Running Club	226	0:45:24	James Bowler	Kent AC
27	0:41:12	Jack Goodwin	Bedford & County AC	127	0:43:46	Tim Raynes	Blackburn Harriers & AC	227	0:45:24	Steven Robinson	Peterborough AC
28	0:41:14	Darren Deed	Bedford & County AC	128	0:43:46	Jake Waldron	Newham & Essex Beagles AC	228	0:45:25	Adrian Bailes	Birtley AC
29	0:41:16	Philip Wicks	Belgrave Harriers	129	0:43:47	Alexander Bellew	Bedford & County AC	229	0:45:25	Matthew Crehan	St Helens Sutton AC
30	0:41:17	John Sanderson	Guildford & Godalming AC	130	0:43:49	Richard Williams	Shaftesbury Barnet Harriers	230	0:45:26	John Kettle	Herne Hill Harriers
31	0:41:20	Joe Steward	East Cheshire Harriers & Tameside AC	131	0:43:53	Damian Nevins	Harrow AC	231	0:45:27	Michael Harrison	Bedford & County AC
32	0:41:22	Jack Morris	Stockport Harriers & AC	132	0:43:53	Robert Warner	Havering AC	232	0:45:28	Alisdair Burns	Valley Striders AC
33	0:41:36	Chris Smith	Thames Valley Harriers	133	0:43:57	Sam Eglen	Aldershot Farnham & District	233	0:45:28	Robert Webb	Rossendale Harriers & AC
34	0:41:39	Daniel Cliffe	Liverpool Harriers & AC	134	0:43:58	Rob Keal	Notts AC	234	0:45:30	Oliver Park	Cambridge & Coleridge AC
35	0:41:41	Frank Baddick	Newham & Essex Beagles AC	135	0:43:59	Sullivan Smith	Cambridge & Coleridge AC	235	0:45:31	Tom Collins	Medway And Maidstone AC
36	0:41:42	Owain Jones	Bristol and West AC (est. 1882)	136	0:44:00	Jonathan Cornish	Hercules Wimbledon AC	236	0:45:32	Michael Burrett	Leeds City Athletic Club
37	0:41:43	Ben Cole	Tonbridge AC	137	0:44:00	Tom Bailey	Notts AC	237	0:45:35	Christopher Perrin	Cannock & Stafford AC
38	0:41:45	Joe Wilkinson	Lincoln Wellington Athletic Club	138	0:44:01	Colin High	Guildford & Godalming AC	238	0:45:37	Ian Conroy	Horwich R M I Harriers
39	0:41:47	Maximilian Nicholls	Tonbridge AC	139	0:44:02	Steve Snape	Salford Harriers & AC	239	0:45:37	Steve Horton	Bedford & County AC
40	0:41:49	Jon Pepper	Brighton Phoenix	140	0:44:02	Lloyd Kempson	Nene Valley Harriers	240	0:45:37	Tom Charlton	Tyne Bridge Harriers
41	0:41:51	Kieran Reilly	Tonbridge AC	141	0:44:03	Finn Brodie	Tyne Bridge Harriers	241	0:45:39	Ian Grime	Salford Harriers & AC
42	0:41:52	Christopher Perham	Loughborough Students AC	142	0:44:05	Tom Beedell	Woodford Green AC with Essex Ladies	242	0:45:39	Harry Holmes	York Knavesmire Harriers
43	0:41:54	Adam Kirk-Smith	London Heathside Runners AC	143	0:44:05	Max Pickard	Brighton Phoenix	243	0:45:43	Tom Lupton	Charnwood A C
44	0:41:55	Lewis Lloyd	Herne Hill Harriers	144	0:44:05	Joshua King	Bournemouth AC	244	0:45:43	Alex Gibbins	Blackheath And Bromley Harriers
45	0:41:59	Greg Jayasuriya	Middlesbrough & Cleveland Harriers	145	0:44:07	Charlie Joslin-Allen	Tonbridge AC	245	0:45:43	Daniel Kennedy	Blackheath And Bromley Harriers
46	0:41:59	John Eves	Bedford & County AC	146	0:44:07	Philip Sewell	Aldershot Farnham & District	246	0:45:48	Ben Harding	Hinckley Running Club
47	0:42:00	Philip Wylie	Cheltenham and County Harriers	147	0:44:10	Danny Kendall	Cambridge Harriers	247	0:45:48	Richard Ayling	Avon Valley Runners
48	0:42:04	James Douglas	Border Harriers & AC	148	0:44:11	Andrew Lawrence	Morpeth Harriers & AC	248	0:45:49	Jamie Seddon	Marshall Milton Keynes AC
49	0:42:04	William Ryle-Hodges	Shaftesbury Barnet Harriers	149	0:44:11	Jamie Bryant	Tonbridge AC	249	0:45:49	Kieran White	Hercules Wimbledon AC
50	0:42:04	Jack Millar	Bristol and West AC (est. 1882)	150	0:44:11	Gareth Raven	Sale Harriers Manchester	250	0:45:50	Tim Eley	Herne Hill Harriers
51	0:42:04	Phillip Crout	Shaftesbury Barnet Harriers	151	0:44:11	Hussein Ahmed	Serpentine RC	251	0:45:52	Robert Male	Rugby & Northampton AC
52	0:42:05	Andrius Jaksevicius	Belgrave Harriers	152	0:44:13	James Chettle	Thames Hare & Hounds	252	0:45:52	Nicholas Barber	Hallamshire Harriers Sheffield
53	0:42:06	Gary Priestley	Salford Harriers & AC	153	0:44:13	Dave Archer	Hallamshire Harriers Sheffield	253	0:45:54	Greg Cole	Tonbridge AC
54	0:42:06	Bertie Houghton	Hallamshire Harriers Sheffield	154	0:44:13	Daniel William Steel	Woodford Green AC with Essex Ladies	254	0:45:55	Ryan Prout	Chelmsford AC
55	0:42:08	Jayne Rossiter	Herne Hill Harriers	155	0:44:14	Shaun Dixon	Highgate Harriers	255	0:45:56	Sean Fenwick	Harborough AC
56	0:42:08	Mohamud Aadan	Thames Valley Harriers	156	0:44:15	Dave Morgan	Serpentine RC	256	0:45:57	Chris McMillan	Owls AC Leicester
57	0:42:11	Shane Robinson	Lincoln Wellington Athletic Club	157	0:44:16	Robert Thompson	Hillingdon AC	257	0:45:57	Luke Davis	Clapham Chasers
58	0:42:20	Robert Warner	Blackburn Harriers & AC	158	0:44:17	Bruno Lima	Salford Harriers & AC	258	0:45:58	Joseph Clark	Hercules Wimbledon AC
59	0:42:22	Philip Sesemann	Blackheath And Bromley Harriers	159	0:44:17	Alex Bampton	Cheltenham and County Harriers	259	0:45:59	Benjamin Coop	Bury Athletic Club
60	0:42:24	Richard Burney	Liverpool Harriers & AC	160	0:44:17	Matthew Hornsby	Durham City Harriers & AC	260	0:45:59	Jack Kosky	Crawley AC
61	0:42:29	Luuk Metsalaar	Shaftesbury Barnet Harriers	161	0:44:17	Mathew Missen	Birchfield Harriers	261	0:46:00	Callum Crawford	Exeter Harriers
62	0:42:30	Steven Bayton	Hallamshire Harriers Sheffield	162	0:44:21	Alastair Watson	Notts AC	262	0:46:00	Graham Jones	Marshall Milton Keynes AC
63	0:42:31	William MacKay	Bedford & County AC	163	0:44:22	Michael Towler	Avon Valley Runners	263	0:46:01	William Ruiz	Blackheath And Bromley Harriers
64	0:42:32	Dean Lacy	Cambridge Harriers	164	0:44:23	Andrew Savery	Leamington Cycling & Athletic Club	264	0:46:02	James Senior	City Of Norwich AC
65	0:42:32	Robel Bahelbi	Highgate Harriers	165	0:44:25	James Ellis	Thames Valley Harriers	265	0:46:03	Tim Alexander	Kent AC
66	0:42:33	Steven Naylor	Bedford & County AC	166	0:44:25	Tom Doe	Lincoln Wellington Athletic Club	266	0:46:04	Stephen Millward	Gloucester AC
67	0:42:36	Matthew Jackson	Liverpool Harriers & AC	167	0:44:26	Thomas Straughan	Morpeth Harriers & AC	267	0:46:04	Darryl Davison	Highgate Harriers
68	0:42:36	Russell Bentley	Kent AC	168	0:44:27	Christopher Wright	Nene Valley Harriers	268	0:46:04	Richard Ollington	Thames Hare & Hounds
69	0:42:38	Adrian Whitwam	Morpeth Harriers & AC	169	0:44:27	Matthew Seddon	Bracknell AC	269	0:46:05	Oli Beale	Westbury Harriers
70	0:42:39	Nigel Martin	Sale Harriers Manchester	170	0:44:28	Howard Bristow	Brighton & Hove AC	270	0:46:06	Jack Keywood	Tonbridge AC
71	0:42:43	Simon Deakin	Leeds City Athletic Club	171	0:44:29	Hugh Torry	Serpentine RC	271	0:46:07	Joseph Read	Knowle & Dorridge RC
72	0:42:46	Dominic Nolan	Croydon Harriers	172	0:44:30	Ben Heron	Peterborough AC	272	0:46:07	James Williams	Belgrave Harriers
73	0:42:49	Christopher Rainsfor	Highgate Harriers	173	0:44:30	Alistair Smith	Coventry Godiva Harriers	273	0:46:07	Alistair Smith	Aldershot Farnham & District
74	0:42:52	Jack Douglas	Bedford & County AC	174	0:44:32	Andrew Rayner	Blackheath And Bromley Harriers	274	0:46:07	Charlie Haywood	Highgate Harriers
75	0:42:53	Linton Taylor	Newark AC	175	0:44:34	Ross London	Border Harriers & AC	275	0:46:08	Ian Dixon	Sunderland Harriers & AC
76	0:42:53	Ben Livesey	Notts AC	176	0:44:36	Joseph Bailey	Salford Harriers & AC	276	0:46:09	Jack Eykelbosch	University of Sheffield AC
77	0:42:53	Luke Betts	Sale Harriers Manchester	177	0:44:37	Angus Holford	Woodford Green AC with Essex Ladies	277	0:46:11	Jamie Langley	Leamington Cycling & Athletic Club
78	0:42:54	Niall Brooks	Sale Harriers Manchester	178	0:44:37	Patrick Roddy	Kenilworth Runners	278	0:46:11	Gordon Pearce	Thames Hare & Hounds
79	0:42:55	Phil Beastall	Cheltenham and County Harriers	179	0:44:38	Daniel Giles	Loughborough Students AC	279	0:46:12	James Griggs	Coventry Godiva Harriers
80	0:42:57	Matthew Barnes	Sale Harriers Manchester	180	0:44:40	Simon Millett	Windsor Slough Eton & Hounslow AC	280	0:46:13	William De Doncker	Highgate Harriers
81	0:43:00	Ben Anderson	Ranelagh Harriers	181	0:44:41	Dara Chesser	Newham & Essex Beagles AC	281	0:46:14	Martin Dawson	North Derbyshire RC
82	0:43:00	Daniel Watts	Shaftesbury Barnet Harriers	182	0:44:42	Tom Mahon	Owls AC Leicester	282	0:46:14	Chris Roberts	York Knavesmire Harriers
83	0:43:01	Elliot Hind	Leighton Buzzard Athletic Club	183	0:44:42	Sam Hancox	Morpeth Harriers & AC	283	0:46:14	Zak Mellard	Hallamshire Harriers Sheffield
84	0:43:01	Max Dumbrell	Brighton Phoenix	184	0:44:43	Jonathan Bradford	Serpentine RC	284	0:46:16	Shajahan Janally	City Of Stoke AC
85	0:43:02	John Franklin	Serpentine RC	185	0:44:44	Belal Ahmed	Hercules Wimbledon AC	285	0:46:17	Rob Scott	Richmond & Zetland Harriers
86	0:43:03	Ian Harding	Morpeth Harriers & AC	186	0:44:45	Matthew Grant	Shaftesbury Barnet Harriers	286	0:46:17	Thomas Cox	Tonbridge AC
87	0:43:07	Ross Floyd	Morpeth Harriers & AC	187	0:44:45	Philip Robertson	Wirral AC	287	0:46:18	Xavier Gruot	Serpentine RC
88	0:43:08	Josh Carr	Thames Hare & Hounds	188	0:44:46	Alex Pointon	Aldershot Farnham & District	288	0:46:19	Matthew Jones	Thames Hare & Hounds
89	0:43:10	Ronny Wilson	Lincoln Wellington Athletic Club	189	0:44:47	Jim Webb	Team Bath Athletics Club	289	0:46:24	Will Davidson	Bristol and West AC (est. 1882)
90	0:43:10	Richard Henderson	Bedford & County AC	190	0:44:47	Mark Worringham	Reading Roadrunners	290	0:46:24	Andrew Ridley	Birchfield Harriers
91	0:43:10	Joshua Woodcock-Sh	Leeds City Athletic Club	191	0:44:48	Matthew Sharp	Hercules Wimbledon AC	291	0:46:24	Joseph Arundel	Bournemouth AC
92	0:43:10	Peter Chambers	Highgate Harriers	192	0:44:48	Simon Prigent	Thames Valley Harriers	292	0:46:25	Dean Bate	Tipton Harriers
93	0:43:11	Matthew Bergin	Bedford & County AC	193	0:44:48	Andrew Leach	North Herts Rrc	293	0:46:25	Joe Hartley	Kent AC
94	0:43:11	Nicholas Martin	Caistor Running Club	194	0:44:50	Max Costley	Southampton Athletic Club	294	0:46:28	Tim Lawrence	Kent AC
95	0:43:12	Nicholas Torry	Serpentine RC	195	0:44:51	Niall Sheehan	Newham & Essex Beagles AC	295	0:46:28	Stephen Garrett	Manx Harriers
96	0:43:13	Tom Straw	Lincoln Wellington Athletic Club	196	0:44:52	Matthew McDaniel	Guildford & Godalming AC	296	0:46:28	Tobias Smith	Aldershot Farnham & District
97	0:43:14	Richard Gregory	Ranelagh Harriers	197	0:44:53	Bertie Powell	Woodford Green AC with Essex Ladies	297	0:46:29	Alec Finch	Thurrock Harriers
98	0:43:15	Kevin Moore	Brighton & Hove AC	198	0:44:55	Craig Palmer	Amphthill & Flitwick Flyers RC	298	0:46:30	John Birch	Hallamshire Harriers Sheffield
99	0:43:15	Josh Lunn	Bedford & County AC	199	0:44:56	Tom Whitmore	Charnwood A C	299	0:46:31	Marc Fallows	Cheltenham and County Harriers
100	0:43:17	Matthew Arnold	Aldershot Farnham & District	200	0:44:56	Ben Harding	Kent AC	300	0:46:31	Philip Coales	Striders Of Croydon

Senior Men

Pos	Time	Name	Club	Pos	Time	Name	Club	Pos	Time	Name	Club
301	0:46:32	Alex Hamblin	Westbury Harriers	401	0:47:50	James Briscoe	Congleton Harriers	501	0:49:02	Sean Wilson	Wycombe Phoenix Harriers & AC
302	0:46:32	Nathan Tweedie	Nene Valley Harriers	402	0:47:52	Peter Tucker	Blackheath And Bromley Harriers	502	0:49:02	Simon Fraser	Tonbridge AC
303	0:46:33	Malcolm Muir	Ilford AC	403	0:47:53	Jamie Rutherford	Darlington H & AC	503	0:49:04	Adam Taylor	Steel City Striders RC
304	0:46:33	Alex Hobbey	Herne Hill Harriers	404	0:47:53	Simon Lanckham	Birmingham Running Athletics & Triathl	504	0:49:05	Luke Montgomery	Corby AC
305	0:46:34	Ian Robinson	Heaton Harriers & AC	405	0:47:54	Simon Allen	Owls AC Leicester	505	0:49:06	Peter Northall	London Heathside Runners AC
306	0:46:34	Paskar Owor	Belgrave Harriers	406	0:47:54	Rhys Gillard	Southeast On Sea AC	506	0:49:07	Paul Davis	Spenborough & Dist AC
307	0:46:34	Colin Davenport	Matlock Athletic Club	407	0:47:55	Robert Weekes	East Hull Harriers & AC	507	0:49:08	Simon Connell	Hillingdon AC
308	0:46:35	Nicholas Wood	Dartford Harriers AC	408	0:47:55	Daniel Snipe	Peterborough AC	508	0:49:08	Paul Andrew	Leamington Cycling & Athletic Club
309	0:46:37	Ryan Page	Lincoln Wellington Athletic Club	409	0:47:55	David Nation	Durley & Stourbridge Harriers	509	0:49:10	John Cox	Great Western Runners
310	0:46:38	Chris Donnelly	Sale Harriers Manchester	410	0:47:56	Ian Cox	Barrow Runners	510	0:49:10	Stephen Schubeler	Heaton Harriers & AC
311	0:46:38	Ben Butler	Wakefield District H & AC	411	0:47:56	Andrew Inchley	Leighton Buzzard Athletic Club	511	0:49:11	Gareth Parr	South London Harriers
312	0:46:39	Richard White	Wolverhampton & Bilston	412	0:47:56	Ross Braden	Blackheath And Bromley Harriers	512	0:49:11	Tom Sawyer	Tring RC
313	0:46:39	Thomas Blaney	Blackburn Harriers & AC	413	0:47:56	Andrew Reeves	Serpentine RC	513	0:49:12	Matthew Pollard	Bournville Harriers
314	0:46:40	Alan Barnes	Herne Hill Harriers	414	0:47:57	Chris Hepworth	Ealing Southall & Middlesex AC	514	0:49:12	James Walters	Gloucester AC
315	0:46:41	John Muddeman	Notts AC	415	0:47:57	Ben Foster	Dudley & Stourbridge Harriers	515	0:49:13	Steve Green	Holmfirth Harriers AC
316	0:46:41	Richard Buckle	East Hull Harriers & AC	416	0:47:58	Simon Coombes	Herne Hill Harriers	516	0:49:13	Ian Wood	Marshall Milton Keynes AC
317	0:46:42	Peter Deweirdt	Poole Runners	417	0:47:59	David Osullivan	Watford Joggers	517	0:49:14	Andy Green	Tyndale Harriers & AC
318	0:46:44	Peter Hodges	Hallamshire Harriers Sheffield	418	0:47:59	Christopher Collins	Bournville Harriers	518	0:49:14	Tom Phelps	Silson Joggers AC
319	0:46:44	Andrew Thake	Hallamshire Harriers Sheffield	419	0:48:00	Jonathan Dry	Windsor Slough Eton & Hounslow AC	519	0:49:15	Matthew Moroney	Kent AC
320	0:46:45	Phil Gould	Leamington Cycling & Athletic Club	420	0:48:01	Andrew Minister	Hartlepool Burn Road Harriers	520	0:49:16	Mike Blair	Matlock Athletic Club
321	0:46:45	Simon Beedell	Woodford Green AC with Essex Ladies	421	0:48:02	Simon Dunderdale	London Heathside Runners AC	521	0:49:17	Paul Veitch	Cambridge & Coleridge AC
322	0:46:45	Thomas Plibersek	Woodford Green AC with Essex Ladies	422	0:48:02	Gregan Clarkson	Kingston upon Hull AC	522	0:49:18	Gary Towers	Eton Manor AC
323	0:46:46	Luke Beresford	Ripley Running Club	423	0:48:03	David Turvey	Halesowen ACC	523	0:49:19	Nick Osborn	Huntingdonshire AC
324	0:46:47	Bruce Raeside	Newham & Essex Beagles AC	424	0:48:04	Peter O'Neill	Sale Harriers Manchester	524	0:49:20	Steven Flowers	Wye Valley Runners
325	0:46:47	Dominic Oliver	City Of Norwich AC	425	0:48:04	Henry Brocklehurst	Bournville Harriers	525	0:49:21	Rob Sim	Lincoln & District Runners
326	0:46:47	William Stanley	Victoria Park Harriers And Tower Hamle	426	0:48:04	Mark Snowball	Rompey Harriers & AC	526	0:49:21	Eric Sapac	Herne Hill Harriers
327	0:46:47	Alex Bradford	Sale Harriers Manchester	427	0:48:05	Tony Carter	Tyne Bridge Harriers	527	0:49:23	Graeme Saker	Tonbridge AC
328	0:46:48	Shane Rice	Heanor Running Club	428	0:48:06	James Tuttle	Marshall Milton Keynes AC	528	0:49:23	Tyrone Farrer	Huntingdonshire AC
329	0:46:48	Scott Campbell	Westbury Harriers	429	0:48:07	Chris North	Sleaford Striders AC	529	0:49:24	James Drakeford	City Of Birmingham Striders
330	0:46:50	David Brockway	Wirral AC	430	0:48:07	Russell Adams	Telford AC	530	0:49:26	Samuel Mellor	Totley AC
331	0:46:50	Marcus England	Cheltenham and County Harriers	431	0:48:08	Stuart Little	Sheffield RC	531	0:49:26	Daniel Bennett	Rochdale Harriers & AC
332	0:46:52	Kevin Connolly	Gateshead Harriers & AC	432	0:48:09	James Shorney	Westbury Harriers	532	0:49:28	Robin Carter	Rolls Royce Harriers
333	0:46:53	Dean Richardson	City Of Stoke AC	433	0:48:10	Daniel Stauber	Kent AC	533	0:49:29	Paul Turnbull	Tyne Bridge Harriers
334	0:46:54	Andy Salmon	Bristol and West AC (est. 1882)	434	0:48:10	Daryl Hibberd	Valley Striders AC	534	0:49:29	David Rich	Sale Harriers Manchester
335	0:46:56	Iain Bailey	Sleaford Striders AC	435	0:48:11	Gavin Keight	Hallamshire Harriers Sheffield	535	0:49:30	Michael Ussher	Higate Harriers
336	0:46:58	Joel Pope	Hillingdon AC	436	0:48:11	Adam Cross	Halesowen ACC	536	0:49:30	Tim Price	Knowle & Dorridge RC
337	0:47:00	David Sprot	Hallamshire Harriers Sheffield	437	0:48:12	Chris Biddle	Dartford Harriers AC	537	0:49:33	Kevin Doyle	Kimberworth Striders
338	0:47:00	Scott Green	Owls AC Leicester	438	0:48:12	Simon O'Meara	Trafford Athletic Club	538	0:49:33	Jonathon Heaney	North Shields Polytechnic Club
339	0:47:01	David Aubrey	Cheltenham and County Harriers	439	0:48:15	Ben McCormack	Chorlton Runners	539	0:49:34	James MacDonald	Cambridge Harriers
340	0:47:01	Stuart Haw	Peterborough AC	440	0:48:16	Andy Weir	Thames Hare & Hounds	540	0:49:35	Mark Appleton	Bromsgrove And Redditch
341	0:47:02	Richard Lovejoy	Aldershot Farnham & District	441	0:48:17	James Taylor	Tonbridge AC	541	0:49:36	Bret Wilks	Ilkeston Running Club
342	0:47:03	Chris Rumsey	Middlesbrough & Cleveland Harriers	442	0:48:18	Paul Fotherby	Valley Striders AC	542	0:49:36	Andrew Whittingham	Wilmslow Running Club
343	0:47:03	Troy Garrity	Corby AC	443	0:48:18	Steven Medd	Gateshead Harriers & AC	543	0:49:37	Ashley Deeming	Heanor Running Club
344	0:47:04	Kevin Hope	Kenilworth Runners	444	0:48:20	Jarratt Perkins	Notts AC	544	0:49:37	Danny Brewer	Blackheath And Bromley Harriers
345	0:47:06	Brian Underwood	Poole AC	445	0:48:20	Matt Chadwick	Valley Striders AC	545	0:49:37	Robert Wakefield	Aldershot Farnham & District
346	0:47:06	Chris Pownell	Knockley Harriers	446	0:48:20	Christopher Oddy	Serpentine RC	546	0:49:39	Tom Crowley	Notts AC
347	0:47:06	Harry Paton	Tonbridge AC	447	0:48:24	David Marsh	Sale Harriers Manchester	547	0:49:41	Gareth Briggs	Wolverhampton & Bilston
348	0:47:07	Joe Spruce	Royal Sutton Coldfield Athletic Club	448	0:48:25	Ben Evans	Guildford & Godalming AC	548	0:49:42	James Rogers	Clapham Chasers
349	0:47:07	Mario Cadete	London Heathside Runners AC	449	0:48:26	Tim Bonham	Tyne Bridge Harriers	549	0:49:42	Shaun Dimelow	Penistone Footpath Runners & Athletic
350	0:47:08	Michael Channing	Nene Valley Harriers	450	0:48:26	David Greenwood	Holme Pierrepont RC	550	0:49:44	Gareth Wood	Harborough AC
351	0:47:09	Jacob Akers	Corby AC	451	0:48:26	Robert Tuer	Hercules Wimbledon AC	551	0:49:45	Stephen Herring	Marshall Milton Keynes AC
352	0:47:09	Sean Fitzpatrick	Herne Hill Harriers	452	0:48:27	Matthew Munro	Herne Hill Harriers	552	0:49:47	Dan Wilson	Abingdon AC
353	0:47:09	Ludovic Renou	Leicester Coritanian AC	453	0:48:27	Mark Boot	Long Eaton Running Club	553	0:49:48	Tim Smales	Winchester & District AC
354	0:47:09	Joseph McLeod	Coventry Godiva Harriers	454	0:48:27	Christopher Riley	Bedford & County AC	554	0:49:50	John Sanderson	North Derbyshire RC
355	0:47:09	Barry Archbold	Wilmslow Running Club	455	0:48:28	Jonathan Abel	West 4 Harriers	555	0:49:51	Dan Cunnington	Winchester & District AC
356	0:47:10	Peter Haarer	Ranelagh Harriers	456	0:48:28	James Rose	Steel City Striders RC	556	0:49:51	Thomas Daley	Fulham Running Club
357	0:47:11	Christopher G Davies	Blackburn Harriers & AC	457	0:48:28	Alex Black	Tyne Bridge Harriers	557	0:49:52	Jamie Hutchinson	Notts AC
358	0:47:11	Oliver Kyriakides	Southend On Sea AC	458	0:48:29	Mark Wilkins	Medway And Maidstone AC	558	0:49:55	Michael Gaughan	Halifax Harriers & AC
359	0:47:12	Daniel Garcia-Racines	Thames Valley Harriers	459	0:48:30	Harold Wyber	Woodford Green AC with Essex Ladies	559	0:49:55	Phil Wolfe	Cannock & Stafford AC
360	0:47:13	Daniel Johns	London Heathside Runners AC	460	0:48:31	Nigel Haycock	Cannock & Stafford AC	560	0:49:56	Richard Wingfield	London Frontrunners
361	0:47:14	Joshua Stone	Lincoln Wellington Athletic Club	461	0:48:31	Stephen Magrath	Low Fell RC	561	0:49:57	Jack Wild	Serpentine RC
362	0:47:14	Nathan Wilkins	Serpentine RC	462	0:48:31	Christopher Wallace	Serpentine RC	562	0:49:57	Olivier Gaillemin	Sale Harriers Manchester
363	0:47:14	Leon Foster	Leeds City Athletic Club	463	0:48:32	James McKenzie	Heaton Harriers & AC	563	0:49:57	James Walker	Shelton Striders
364	0:47:14	Benjamin Tolputt	Serpentine RC	464	0:48:33	Ben Carrington	Amazing Feet Running Club	564	0:49:58	Jonathan Gilroy	Jarrow & Hebburn AC
365	0:47:16	Steve Worthington	Hallamshire Harriers Sheffield	465	0:48:35	Nick Marriage	Fulham Running Club	565	0:49:58	Richard Stirzaker	Rochdale Harriers & AC
366	0:47:17	Dave Smith	Leigh Harriers & AC	466	0:48:37	Jason Waite	Sunderland Harriers & AC	566	0:49:58	Matthew Driver	Harborough AC
367	0:47:17	Rob Downs	Wilmslow Running Club	467	0:48:39	Craig Twig	Owls AC Leicester	567	0:49:58	Martin James	Doncaster Athletic Club
368	0:47:21	Mark Vaughan	North Herts Rrc	468	0:48:40	Daniel Collinge	Clayton Le Moors Harriers	568	0:50:00	Reece Asik	Chelmsford AC
369	0:47:24	Peter Swaine	Charmwood A C	469	0:48:40	Neil Fraser	Hercules Wimbledon AC	569	0:50:00	Matthew Thompson	Southport Waterloo AC
370	0:47:24	Adam Stirk	Guildford & Godalming AC	470	0:48:40	Jamie Arnold	City Of Stoke AC	570	0:50:01	Tim Hoggbin	Wycombe Phoenix Harriers & AC
371	0:47:25	Benjamin Boxer	Barnet & District AC	471	0:48:40	Billy McCartney	Salford Harriers & AC	571	0:50:01	Paul Simons	Salford Harriers & AC
372	0:47:26	Alex Cameron	Dartford Harriers AC	472	0:48:41	Ryan Ganose	Altrincham & District AC	572	0:50:02	Gavin Browne	East Cheshire Harriers & Tameside AC
373	0:47:26	Phillip Williams	Leigh Harriers & AC	473	0:48:42	Paul Sankey	Liverpool Harriers & AC	573	0:50:02	Thomas Holloway	Trentham RC
374	0:47:28	Stephen Dickens	Rushcliffe AC	474	0:48:43	Thomas Inchley	Leighton Buzzard Athletic Club	574	0:50:02	Phil Marshall	Newbury AC
375	0:47:29	Phillip Wilson	Tipton Harriers	475	0:48:44	Tim Doran	Charmwood A C	575	0:50:03	Michael Grace	Salford Harriers & AC
376	0:47:29	Wayne Bell	Newham & Essex Beagles AC	476	0:48:44	Mark Russell	Swinton RC	576	0:50:03	Stephen Ratcliffe	Newcastle Staffs AC
377	0:47:29	Jonathan Johnson	Rotherham Harriers and AC	477	0:48:45	Damon Howard	City Of Portsmouth AC	577	0:50:04	Cory Parker	Heanor Running Club
378	0:47:30	Joe Grattton	Hallamshire Harriers Sheffield	478	0:48:46	Stuart Lumsden	Northbrook AC	578	0:50:04	James Willoughby	Hermitage Harriers
379	0:47:32	Lee Dover	Houghton Harriers & AC	479	0:48:46	Ben Light	Buxton AC	579	0:50:04	Bill Speake	Notts AC
380	0:47:32	Ross Langley	Tring RC	480	0:48:46	Philip Hewitt	Holmfirth Harriers AC	580	0:50:05	Dewi Williams	Kenilworth Runners
381	0:47:33	Arne Dumez	Belgrave Harriers	481	0:48:47	Christopher Leach	North Derbyshire RC	581	0:50:05	David McCoy	Reading Roadrunners
382	0:47:34	Nathaniel Winfield	Buxton AC	482	0:48:50	Thomas Kneller	Leigh Harriers & AC	582	0:50:05	Ross Tyrrell	Beaumont RC
383	0:47:34	Marlon Dunkley	Rushcliffe AC	483	0:48:50	Kenneth Malton	Shelton Striders	583	0:50:06	Aidan Crowe	Sunderland Harriers & AC
384	0:47:35	Mark Booth	Reading AC	484	0:48:51	Joseph Bull	Southampton Athletic Club	584	0:50:07	Jordan Street	Clowne Road Runners Club
385	0:47:36	Bradley Clough	Blyth Running Club	485	0:48:52	James Hutchison	Eton Manor AC	585	0:50:08	James Sadlier	Peterborough AC
386	0:47:37	Richard Park	Cambridge & Coleridge AC	486	0:48:53	Graham Smith	St Albans Striders	586	0:50:11	Anthony Hall	Bristol and West AC (est. 1882)
387	0:47:39	Daniel McKeown	London Heathside Runners AC	487	0:48:53	Daniel Rebeiro	Knowle & Dorridge RC	587	0:50:12	Clark Roberts	Coventry Godiva Harriers
388	0:47:39	Lee Milburn	Doncaster Athletic Club	488	0:48:54	Andrew Meads	Harborough AC	588	0:50:13	Chris Smith	Leeds City Athletic Club
389	0:47:40	John Tayleur	Herne Hill Harriers	489	0:48:56	Andrew Orr	Serpentine RC	589	0:50:14	Mark Kendrick	Hermitage Harriers
390	0:47:40	Gary Whitehouse	Tipton Harriers	490	0:48:56	Gareth John Driscoll	Gosforth Harriers & AC	590	0:50:14	Dave Lawley	Ranelagh Harriers
391	0:47:40	Jordan Bell	Blackhill Bounders	491	0:48:57	James Oldfield	Sedgefield Harriers	591	0:50:14	Justin Cox	Sedgefield Harriers
392	0:47:44	Tom Holden	Tipton Harriers	492	0:48:58	Alastair Locke	Dulwich Runners AC	592	0:50:15	Connor McArdle	Wallasey Athletic Club
393	0:47:45	Glen Wright Colopy	Harrow AC	493	0:48:58	Daniel Shaw	Holmfirth Harriers AC	593	0:50:16	David Taylor	Wesham Road Runners & AC
394	0:47:48	James Smith	Southampton Athletic Club	494	0:48:58	Joel Spratt	Poole Runners	594	0:50:16	Andrew Grenfell	Rossendale Harriers & AC
395	0:47:48	Chris George	Leighton Buzzard Athletic Club	495	0:48:59	Benn Lyman	Corby AC	595	0:50:17	Simon Collins	York Knavesmire Harriers
396	0:47:49	Carl Sommer	Hermitage Harriers	496	0:48:59	Robert Finch	Southampton Athletic Club	596	0:50:18	Spencer Higgins	Cleethorpes And District AC
397	0:47:49	Lee Bennett	Elswick Harriers	497	0:49:00	Luke Ingram	Owls AC Leicester	597	0:50:18	Adam Styles	Tonbridge AC
398	0:47:50	Lee Taylor	Southend On Sea AC	498	0:49:00	Thomas McKee	East Hull Harriers & AC	598	0:50:19	Andrew Parmenter	Cambridge & Coleridge AC
399	0:47:50	Gareth Sampson	Rotherham Harriers and AC	499	0:49:02	Arron Larkin	Rotherham Harriers and AC	599	0:50:21	Stuart Meiklejohn	London Heathside Runners AC
400	0:47:50	Jeff Prest	Trafford Athletic Club	500	0:49:02	Greg Southern	Sleaford Striders AC	600	0:50:22	Bobby Hagan	Keswick AAC

Senior Men

Pos	Time	Name	Club	Pos	Time	Name	Club	Pos	Time	Name	Club
901	0:53:49	Philip Green	Heaton Harriers & AC	E+03	0:55:15	Stephen Howard	Ely Runners	E+03	0:56:46	Lee Caves	Centurion RC
902	0:53:51	Steve Webb	Valley Striders AC	E+03	0:55:16	Jay Belham	Nene Valley Harriers	E+03	0:56:47	David Kingston	Telford Harriers
903	0:53:51	Robin Phillips	Westbury Harriers	E+03	0:55:16	Benjamin Adams	Didcot Runners	E+03	0:56:47	Gary Wilton	Kirkby Millers AC
904	0:53:53	Christopher Essex-Cr	Horwich R M I Harriers	E+03	0:55:16	Arry Nathan	Holme Pierrepont RC	E+03	0:56:48	Daniel Jordan	Trentham RC
905	0:53:55	Andy Parkinson	Winchester & District AC	E+03	0:55:17	Richard Conder	Low Fell RC	E+03	0:56:49	Mark Dye	York Knavesmire Harriers
906	0:53:56	John Connolly	Liverpool Harriers & AC	E+03	0:55:18	Kevin Chadwick	Dulwich Runners AC	E+03	0:56:49	David Pearce	Leicester Coritanian AC
907	0:53:56	Manuel Da Silva	Thames Valley Harriers	E+03	0:55:20	Sam Pearch	Shelton Striders	E+03	0:56:50	Andrew Parsonage	Manchester Harriers & AC
908	0:53:56	Paul Cates	Eton Manor AC	E+03	0:55:21	Oliver Simon Pike	Penistone Footpath Runners & Athletic	E+03	0:56:51	Colin Braybrook	St Albans Striders
909	0:53:57	William Lake	Serpentine RC	E+03	0:55:21	Ian Watson	Matlock Athletic Club	E+03	0:56:51	Paul Burslem	Trentham RC
910	0:53:58	Danny Chan	York Knavesmire Harriers	E+03	0:55:22	Nick Luke	Sutton In Ashfield Harriers & AC	E+03	0:56:51	Will Meredith	Holme Pierrepont RC
911	0:53:58	Tom Crossley	Tyne Bridge Harriers	E+03	0:55:22	Joel Kerrigan	Workshop Harriers	E+03	0:56:51	Will Purcell	Great Western Runners
912	0:53:58	Mark Keeling	Gloucester AC	E+03	0:55:23	Adam Neale	Wilmslow Running Club	E+03	0:56:52	Pete Downes	York Knavesmire Harriers
913	0:53:58	Matthew Keogh	Southampton Athletic Club	E+03	0:55:23	Darren White	Barnet & District AC	E+03	0:56:55	Simon Neville	Keswick AAC
914	0:53:58	Stephen Bailey	Derwent Runners (derby)	E+03	0:55:23	Mark Lay	Long Eaton Running Club	E+03	0:56:55	Andrew Flanagan	Guildford & Godalming AC
915	0:53:59	Simon Wright	Norwich Road Runners	E+03	0:55:25	Benjamin Mahoney	Sheffield RC	E+03	0:56:57	Ewan Paton	Westbury Harriers
916	0:53:59	Alex Waddelove	Preston Harriers	E+03	0:55:25	Paul Griffiths	Formula One Circuit Crew	E+03	0:56:57	James Malcolm	Thames Valley Harriers
917	0:54:00	Craig Fishwick	Hallamshire Harriers Sheffield	E+03	0:55:26	Christopher Scott	City Of Portsmouth AC	E+03	0:56:58	Simon Neale	Massey Ferguson RC
918	0:54:00	Alan Harris	Wycombe Phoenix Harriers & AC	E+03	0:55:26	Peter Wilmot	Matlock Athletic Club	E+03	0:57:00	Phil Herd	Beeston AC
919	0:54:00	Mark Dungworth	Lincoln & District Runners	E+03	0:55:27	John Foss	South London Harriers	E+03	0:57:01	Mark Boyce	Wellingborough & District AC
920	0:54:00	Jon Henderson	Lincoln & District Runners	E+03	0:55:27	Gordon Baird	Middlesbrough & Cleveland Harriers	E+03	0:57:02	Jarrod Homer	Wilmslow Running Club
921	0:54:00	Ross Wood	Marshall Milton Keynes AC	E+03	0:55:27	Richard Morris	Redhill Road Runners	E+03	0:57:03	David Smyth	Stratford Upon Avon AC
922	0:54:01	Greg Bennett	Thames Valley Harriers	E+03	0:55:28	Calum Storey	Blyth Running Club	E+03	0:57:04	Vincent Carroll	Rugby & Northampton AC
923	0:54:03	Phil Cuthbert	Wallasey Athletic Club	E+03	0:55:28	Kevin Sibley	Steel City Striders RC	E+03	0:57:04	Shaun Mason	Birtley AC
924	0:54:04	Andrew Cunningham	Barnet & District AC	E+03	0:55:28	John Brimecome	City Of Portsmouth AC	E+03	0:57:04	Gareth Irvine	Sheffield RC
925	0:54:06	Ian Parker	Beaumont RC	E+03	0:55:29	Simon Coffey	Folkstone RC	E+03	0:57:05	Paul Lemmon	Bingley Harriers & AC
926	0:54:07	Ian Wilson	Spenborough & Dist AC	E+03	0:55:29	Simon Nash	Redhill Road Runners	E+03	0:57:05	David Francis	Birtley AC
927	0:54:08	Stephen Hobday	Grantham AC	E+03	0:55:30	James Ward	Herne Hill Harriers	E+03	0:57:07	Andrew McDonald	Reading AC
928	0:54:08	Lee Harris	Birchfield Harriers	E+03	0:55:36	Clem Dixon	Cambridge Harriers	E+03	0:57:07	Martin Bailey	Newcastle Staffs AC
929	0:54:09	Trevor Wilson	Belper Harriers	E+03	0:55:37	Jason Corns	Wolverhampton & Bilston	E+03	0:57:10	Gareth Hosgood	London Frontrunners
930	0:54:09	Stephen Snow	Huncote Harriers	E+03	0:55:37	Michael Benford	Notts AC	E+03	0:57:11	David Jardin	Elswick Harriers
931	0:54:09	Robert Hincliffe-Smi	Holmfirth Harriers AC	E+03	0:55:37	Rob Sannwald	Dudley Kingswinford RC	E+03	0:57:11	David Kail	Newham & Essex Beagles AC
932	0:54:10	Andrew Stockwell	Stubbington Green Runners	E+03	0:55:38	Miles Weston	South Shields Harriers & AC	E+03	0:57:12	Colin Taylor	Watford Joggers
933	0:54:10	Martin Farran	Leeds City Athletic Club	E+03	0:55:38	Ben Pilsbury	Wolverhampton & Bilston	E+03	0:57:12	Paul Stevenson	Salford Metropolitan AC
934	0:54:11	Simon Bean	Epsom & Ewell Harriers	E+03	0:55:39	Paul Barlow	Gloucester AC	E+03	0:57:13	Lionel Spittle	Wolverhampton & Bilston
935	0:54:11	Jonathan Armstrong	Bexley AC	E+03	0:55:40	Joshua Hazeldine	Ilkeston Running Club	E+03	0:57:14	Mark Garrett	Norwich Road Runners
936	0:54:12	James Hart	Belper Harriers	E+03	0:55:42	Mark Law	Holmfirth Harriers AC	E+03	0:57:15	Paul Winfield	Heonor Running Club
937	0:54:13	Aidan McCormack	Cannock & Stafford AC	E+03	0:55:42	Tom Davies	Holme Pierrepont RC	E+03	0:57:15	Richard Hill	Ely Runners
938	0:54:14	Mark Pitcairn-Knowle	Tonbridge AC	E+03	0:55:44	Mark Homer	Dudley Kingswinford RC	E+03	0:57:16	Garry Hodgkins	Mansfield Harriers
939	0:54:15	James Bennett	Coventry Godiva Harriers	E+03	0:55:44	Martin Shelley	Ealing Southall & Middlesex AC	E+03	0:57:18	Nick Moore	Hinckley Running Club
940	0:54:16	Damien Hersey	Sutton Runners	E+03	0:55:45	Steve Boddy	Gosforth Harriers & AC	E+03	0:57:19	Jamie Graham	Birtley AC
941	0:54:17	Stephen Coy	Ilkley Harriers AC	E+03	0:55:45	Andy Todd	Nene Valley Harriers	E+03	0:57:20	John Hewitt	Worksop Harriers
942	0:54:18	Stuart Pearson	Bournville Harriers	E+03	0:55:45	Peter Bakewell	London Heathside Runners AC	E+03	0:57:21	Ian Redford	Massey Ferguson RC
943	0:54:18	Martin Dearden	Staffs Moorlands AC	E+03	0:55:46	Peter McNally	Redhill Road Runners	E+03	0:57:21	John Parlevliet	West Cheshire Athletic Club
944	0:54:19	Carl Sherry	Norwich Road Runners	E+03	0:55:46	Huw Jones	Birmingham Running Athletics & Triathl	E+03	0:57:22	Elliot Wells	Stowmarket Striders RC
945	0:54:19	Ben Gilmore	Guildford & Godalming AC	E+03	0:55:47	Steve Haswell	Morpeth Harriers & AC	E+03	0:57:22	Gareth Coyle	Beaumont RC
946	0:54:20	Kevin Lewis	Sutton Runners	E+03	0:55:47	Alan Buckle	Tonbridge AC	E+03	0:57:22	Paul Sullivan	Norwich Road Runners
947	0:54:21	Joseph Lowe	Highgate Harriers	E+03	0:55:47	Graeme Stewart	Blyth Running Club	E+03	0:57:23	Michael Dobson	Stafford Harriers
948	0:54:22	Andrew Grigg	Herne Hill Harriers	E+03	0:55:51	Richard Guy Smith	Aldershot Farnham & District	E+03	0:57:24	Mark Shaw	Aldridge RC
949	0:54:23	Christian Poulton	Cambridge Harriers	E+03	0:55:52	Richard Jones	Shrewsbury AC	E+03	0:57:26	Michael Raynes	City of York AC
950	0:54:24	Brendan Cottrell	Aldershot Farnham & District	E+03	0:55:52	Steven Doxey	Swinton RC	E+03	0:57:27	Jonathan Meadows	Wye Valley Runners
951	0:54:24	Michael Kelly	Wallasey Athletic Club	E+03	0:55:53	Timothy Baggs	Long Eaton Running Club	E+03	0:57:27	Danny McIntyre	Rushcliffe AC
952	0:54:25	David Westhead	Ilkley Harriers AC	E+03	0:55:54	Rob Cartwright	Wolverhampton & Bilston	E+03	0:57:28	James Hannon	Sparkhill Harriers
953	0:54:27	Richard MacKie	Penistone Footpath Runners & Athletic	E+03	0:55:56	Chris Palmer	Westbury Harriers	E+03	0:57:28	Martin Ludford	Birmingham Running Athletics & Triathl
954	0:54:27	Gerard Skippins	Spenborough & Dist AC	E+03	0:55:57	Nick Thomas	Telford AC	E+03	0:57:30	Doug Simpson	Headington RR
955	0:54:28	Gary Matthews	East Cheshire Harriers & Tameside AC	E+03	0:55:58	Shaun Hemmings	Centurion RC	E+03	0:57:33	Nick Barton	Rochdale Harriers & AC
956	0:54:28	Philip Woodhouse	Cleethorpes and District AC	E+03	0:55:59	Jason Nicholson	Massey Ferguson RC	E+03	0:57:33	Andy Wardle	Rushcliffe AC
957	0:54:30	Kevin Woodward	Swinton RC	E+03	0:56:01	David Crowther	Newcastle Staffs AC	E+03	0:57:33	Brian Miller	Leamington Cycling & Athletic Club
958	0:54:31	Richard Kimber	Ripley Running Club	E+03	0:56:02	David Breingan	Chiltern Harriers AC	E+03	0:57:35	Matt Jones	Beeston AC
959	0:54:32	Rob Deakin	Birchfield Harriers	E+03	0:56:04	Matthew Littlewood	Rotherham Harriers and AC	E+03	0:57:35	Simon Withers	Richmond & Zetland Harriers
960	0:54:35	George Russell	Beeston AC	E+03	0:56:05	Jonathan Troop	Cleethorpes and District AC	E+03	0:57:37	David Norman	Dudley Kingswinford RC
961	0:54:36	Neal Humphreys	Corby AC	E+03	0:56:06	Edmund Wallace	Centurion RC	E+03	0:57:38	David Burrell	Cleethorpes and District AC
962	0:54:37	Gary Hunt	Great Western Runners	E+03	0:56:06	Christopher Jam Dun	Marshall Milton Keynes AC	E+03	0:57:38	Patrick Day	Sheffield Tri Club
963	0:54:37	Timothy Inchley	Leighton Buzzard Athletic Club	E+03	0:56:06	Matt Taylor	Wilmslow Running Club	E+03	0:57:40	Ian Summers	Gloucester AC
964	0:54:38	Mark Morgan-Hillam	Wigan & District H & AC	E+03	0:56:09	Neil James Kavanagh	Low Fell RC	E+03	0:57:40	Kevin Waite	Beaumont RC
965	0:54:39	Jason Stainton	Louth AC	E+03	0:56:10	Nicholas Sinnott	Wellingborough & District AC	E+03	0:57:41	Darren Over	Serpentine RC
966	0:54:39	Samuel Thompson	London Heathside Runners AC	E+03	0:56:11	Ashley Illingsworth	Redhill Road Runners	E+03	0:57:43	Hadrian Knight	Rothwell & District Harriers
967	0:54:40	David Scrimshaw	Hercules Wimbledon AC	E+03	0:56:12	Stephen Welch	Chorlton Runners	E+03	0:57:44	Nathaniel Hicks	Fulham Running Club
968	0:54:41	Nick Bott	Owls AC Leicester	E+03	0:56:13	Gavin Evans	London Heathside Runners AC	E+03	0:57:47	Martin Potter	London Heathside Runners AC
969	0:54:42	Richard Bargh	Wirral AC	E+03	0:56:13	Malcolm Bowyer	Stratford Upon Avon AC	E+03	0:57:48	Tim Parkin	Shaftesbury Barnet Harriers
970	0:54:44	Timothy Ayres	Blackheath And Bromley Harriers	E+03	0:56:13	Richard Parr	Eton Manor AC	E+03	0:57:51	William Clapp	Harborough AC
971	0:54:45	Jason Allard	Stowmarket Striders RC	E+03	0:56:15	Nick Wilson	Wirral AC	E+03	0:57:51	Peter Ellis	Barnet & District AC
972	0:54:47	Lee Lintern	Guildford & Godalming AC	E+03	0:56:15	Jim Watt	Derwent Runners (derby)	E+03	0:57:54	Matthew Guy	Wolverhampton & Bilston
973	0:54:47	Ian Marshall	Huntingdonshire AC	E+03	0:56:18	Justin Williams	Lincoln Wellington Athletic Club	E+03	0:57:54	Andrew Martin	Salford Harriers & AC
974	0:54:49	Ross Thomas Cooper	Massey Ferguson RC	E+03	0:56:19	Richard Upward	Beeston AC	E+03	0:57:55	James Parker	Halesowen ACC
975	0:54:50	Martin Barradell	Derwent Runners (derby)	E+03	0:56:20	Vaughan Ramsay	Ranelagh Harriers	E+03	0:57:56	Brendon Gould	Great Western Runners
976	0:54:50	Jack Comerford	Marshall Milton Keynes AC	E+03	0:56:20	Jed Turner	Sheffield RC	E+03	0:57:57	Craig Linacre	Mansfield Harriers
977	0:54:51	Adam McKenna	Invicta East Kent AC	E+03	0:56:20	Christopher Hitchings	Barrow Runners	E+03	0:57:58	Nick White	Charnwood A C
978	0:54:53	Howard Darwin	Rotherham Harriers and AC	E+03	0:56:21	Shane Cullinan	London Frontrunners	E+03	0:57:58	Anthony Meenaghan	Notts AC
979	0:54:54	Simon Parkes	Nene Valley Harriers	E+03	0:56:21	Chris Trinder	Barrow Runners	E+03	0:57:59	Matt Wooden	Queen's Park Harriers
980	0:54:54	Andy Piddington	Birmingham Running Athletics & Triathl	E+03	0:56:21	James Ketteringham	Charnwood A C	E+03	0:58:00	Matthew Slater	Bournville Harriers
981	0:54:54	Chris Wales	Preston Harriers	E+03	0:56:21	Mohammed Yousaf B	Salford Harriers & AC	E+03	0:58:02	Richard Hiron	Wilmslow Running Club
982	0:54:54	Darren Wright	Quakers Running Club	E+03	0:56:23	James Mason	Nuneaton Harriers	E+03	0:58:02	Benjamin Fisher	Orion Harriers
983	0:54:55	Dan Stewart	Holmfirth Harriers AC	E+03	0:56:26	Jonathan Monk	Guildford & Godalming AC	E+03	0:58:02	Andy Ball	Desford Striders
984	0:54:56	Kevin Monk	Halesowen ACC	E+03	0:56:26	Jonathan Evans	Sinfin Running Club	E+03	0:58:03	David Nolan	Low Fell RC
985	0:54:57	Andrew Carter	West Cheshire Athletic Club	E+03	0:56:26	Andy Paisley	Belper Harriers	E+03	0:58:04	Mark Walker	Rochdale Harriers & AC
986	0:54:58	Chris Pedder	Liverpool Pembroke & Sefton H AC	E+03	0:56:27	Colin Oxlade	Croydon Harriers	E+03	0:58:04	Trevor Rayner	Salford Harriers & AC
987	0:55:00	Barry Hirst	East Cheshire Harriers & Tameside AC	E+03	0:56:28	Paul Evison	Cleethorpes And District AC	E+03	0:58:04	Chris Violet	Barnet & District AC
988	0:55:02	Richard Archer	Kent AC	E+03	0:56:28	James Turner	Serpentine RC	E+03	0:58:06	Ian Charles Hodgkino	Stafford Harriers
989	0:55:03	Martin John Lloyd	Gosforth Harriers & AC	E+03	0:56:30	Terry Wegg	Basingstoke & Mid Hants AC	E+03	0:58:06	Lee Moore	Kirkby Millers AC
990	0:55:03	Rob Wheatley	Sphinx AC	E+03	0:56:32	Dave Gibson	Elvet Striders	E+03	0:58:06	Adrian Spencer	Barrow Runners
991	0:55:04	Russell Lewin	Barrow Runners	E+03	0:56:33	Chris Thomson	University of Nottingham AC	E+03	0:58:06	Paul Duxford	South Shields Harriers & AC
992	0:55:04	Steve Battle	Cloone Road Runners Club	E+03	0:56:34	Nathan Smith	Birmingham Running Athletics & Triathl	E+03	0:58:07	Andrew Wood	Tonbridge AC
993	0:55:05	Emmanuel Lumineau	Highgate Harriers	E+03	0:56:34	Jason Paddock	Wolverhampton & Bilston	E+03	0:58:08	David Gribben	Houghton Harriers & AC
994	0:55:06	Joseph Langham	Hinckley Running Club	E+03	0:56:37	Nathan Smith	Harrigate Harriers & AC	E+03	0:58:09	Richard Tarrega	York Knavesmire Harriers
995	0:55:08	Paul Johnson	Southampton Athletic Club	E+03	0:56:37	Alan Langford	Heaton Harriers & AC	E+03	0:58:10	Philip Waring	Notts AC
996	0:55:10	Peter Badger	Doncaster Athletic Club	E+03	0:56:40	Karl Robinson	Sunderland Harriers & AC	E+03	0:58:10	Edward O'Neill	Sparkhill Harriers
997	0:55:11	Paul Redman	Sunderland Harriers & AC	E+03	0:56:41	Roger Homes	Kenilworth Runners	E+03	0:58:11	Phil Galpin	Bourne Town Harriers
998	0:55:13	Philip Whitehouse	Serpentine RC	E+03	0:56:41	Robert Wilson	Birtley AC	E+03	0:58:14	Nick Gregory	Cleethorpes and District AC
999	0:55:14	Richard Rollins	Bournville Harriers	E+03	0:56:42	Phil Chan	Great Western Runners	E+03	0:58:16	Arthur Short	Grantham AC
E+03	0:55:15	Allen El- Sour	Sphinx AC	E+03	0:56:43	Daniel McLaughlin	Beaumont RC	E+03	0:58:16	Gary Fox	Beeston AC

Senior Men

Pos	Time	Name	Club	Pos	Time	Name	Club	Pos	Time	Name	Club
E+03	0:58:17	Tobin Bird	Tonbridge AC	E+03	0:59:50	Francesco Lari	Redhill Road Runners	E+03	1:01:20	Ian Marriott	Low Fell RC
E+03	0:58:19	Andrew Nock	Halesowen ACC	E+03	0:59:51	Ryan Blake	Ilkerton Running Club	E+03	1:01:24	Romuald Bernier	London Frontrunners
E+03	0:58:20	Richard Bell	Thames Valley Harriers	E+03	0:59:52	Andrew Nash	Belper Harriers	E+03	1:01:25	Ben Milson	Roadhogs Leicester AC
E+03	0:58:21	James Eckloff	Centurion RC	E+03	0:59:55	Andrew Hislop	Aldershot Farnham & District	E+03	1:01:26	David Warren	Avon Valley Runners
E+03	0:58:22	Mark Bailey	Hinckley Running Club	E+03	0:59:56	Thomas Skidmore	Kings Heath RC - The Lions	E+03	1:01:27	Paul Knight	Blyth Running Club
E+03	0:58:22	Gareth Owens	Newark AC	E+03	0:59:56	Oliver Astley	Derwent Runners (derby)	E+03	1:01:27	Richard West	Ripley Running Club
E+03	0:58:23	Tom York	Rushcliffe AC	E+03	0:59:58	Liam Kemp	Derwent Runners (derby)	E+03	1:01:29	Michael Gaynor	University of Nottingham AC
E+03	0:58:24	James Moore	Croydon Harriers	E+03	1:00:00	Michael Smith	Lyttm Runners	E+03	1:01:30	Girish Patel	Salford Metropolitan AC
E+03	0:58:24	Damian Pharoah	Northbrook AC	E+03	1:00:01	Robert Brown	Heam Harriers & AC	E+03	1:01:30	Matthew Grammatico	University of Nottingham AC
E+03	0:58:25	Raymond Carmichael	Sedgefield Harriers	E+03	1:00:02	Graham Maynard	Cambridge Harriers	E+03	1:01:30	Shaun Bagley	Sunderland Harriers & AC
E+03	0:58:25	David Cook	Crawley AC	E+03	1:00:03	Neil Aikman	Croydon Harriers	E+03	1:01:31	Dominic Roberts	Pensby Runners
E+03	0:58:26	Mark George	London Heathside Runners AC	E+03	1:00:04	Mike Taylor	Wycombe Phoenix Harriers & AC	E+03	1:01:31	Paul Parkin	Nene Valley Harriers
E+03	0:58:28	Mark Crabtree	Halifax Harriers & AC	E+03	1:00:04	Lea Tatton	Desford Striders	E+03	1:01:31	Adrian Frost	Trentham RC
E+03	0:58:29	Paul Caruana	Leamington Cycling & Athletic Club	E+03	1:00:06	Stephen Gill	Wrekin Road Runners	E+03	1:01:33	Derk Van Der Wardt	Rushcliffe AC
E+03	0:58:29	Mark Fantom	Tipton Harriers	E+03	1:00:07	Nick Bennett	Coventry Godiva Harriers	E+03	1:01:34	Leonard Wallace	Centurion RC
E+03	0:58:30	Andy Buck	Steel City Striders RC	E+03	1:00:08	Oliver Hosken	Croydon Harriers	E+03	1:01:35	Matt Powell	Royal Sutton Coldfield Athletic Club
E+03	0:58:30	Peter Austin	Knowle & Dorridge RC	E+03	1:00:08	James Thurman	Roadhogs Leicester AC	E+03	1:01:36	Paul Mercer	Heanor Running Club
E+03	0:58:31	Matthew Gwilym	Gosforth Harriers & AC	E+03	1:00:09	Ian Coney	Lincoln & District Runners	E+03	1:01:36	Martin Greenaugh	Steel City Striders RC
E+03	0:58:33	Neil Fowler	Crewe And Nantwich AC	E+03	1:00:09	Peter Weir	Ranelagh Harriers	E+03	1:01:38	Dean Semple	Massey Ferguson RC
E+03	0:58:33	Geoff Davis	Elvet Striders	E+03	1:00:12	Billy Casserley	South London Harriers	E+03	1:01:40	Ian Greenaway	Lingfield RC
E+03	0:58:33	Antony Haycock	Stafford Harriers	E+03	1:00:14	Kevin Wilson	Darlington H & AC	E+03	1:01:42	Steven French	Blyth Running Club
E+03	0:58:34	Graeme Slight	Huncote Harriers	E+03	1:00:15	Jose Gonzalez	Coventry Godiva Harriers	E+03	1:01:45	Andrew Vernon	Quakers Running Club
E+03	0:58:34	James MacDonald	Wilmslow Running Club	E+03	1:00:15	John Harrison	Holme Pierrepont RC	E+03	1:01:47	Gordon Westley	Stubbington Green Runners
E+03	0:58:34	Alastair Reilly	Redhill Road Runners	E+03	1:00:16	Fraser Johnson	Serpentine RC	E+03	1:01:51	Paul Stacey	Redhill Road Runners
E+03	0:58:35	Chris Hodson	Steel City Striders RC	E+03	1:00:16	Simon Edwards	Belper Harriers	E+03	1:01:52	Sammy Li	Serpentine RC
E+03	0:58:36	Dave Pearson	Sparkhill Harriers	E+03	1:00:16	Tom Childs	Steel City Striders RC	E+03	1:01:53	Ian Hearne	Keitering Town Harriers
E+03	0:58:36	Mark Livingstone	Hercules Wimbledon AC	E+03	1:00:17	Martin Stevens	Werrington Joggers	E+03	1:01:55	David West	Sphinx AC
E+03	0:58:37	Chris Barnes	Corby AC	E+03	1:00:17	Mick Wall	Steel City Striders RC	E+03	1:01:56	Jason Littlewood	Stafford Harriers
E+03	0:58:37	Ming Nham	Birmingham Running Athletics & Triathlon	E+03	1:00:17	Dave Ludwick	Roadhogs Leicester AC	E+03	1:01:57	Davidy Periera	Redhill Road Runners
E+03	0:58:38	Dan Webb	Leighton Buzzard Athletic Club	E+03	1:00:20	Stefan Ledin	Buxton AC	E+03	1:01:58	Robert Pollard	Hermitage Harriers
E+03	0:58:39	Colin Robson	South Shields Harriers & AC	E+03	1:00:23	Chris Hunt	Grantham AC	E+03	1:01:58	Mark O'Rourke	Aldridge RC
E+03	0:58:40	Richard Botting	Wreake and Soar Valley AC	E+03	1:00:24	Steven Bond	Gosforth Harriers & AC	E+03	1:01:59	Derek Darnell	Huntingdonshire AC
E+03	0:58:40	Jeremy Frain	Wakefield District H & AC	E+03	1:00:24	Nick Roberts	Clowne Road Runners Club	E+03	1:02:03	Simon Higsom	Holme Pierrepont RC
E+03	0:58:41	Andrew Harris	Nuneaton Harriers	E+03	1:00:25	Andy Manning	Sparkhill Harriers	E+03	1:02:03	Phil Harding	Avon Valley Runners
E+03	0:58:42	John Donaldson	Wellingborough & District AC	E+03	1:00:25	Connor Campbell	Dartford Harriers AC	E+03	1:02:05	Mark Gaughan	Halifax Harriers & AC
E+03	0:58:42	Tim Lowrie	Avon Valley Runners	E+03	1:00:25	Christopher Ward	Redhill Road Runners	E+03	1:02:05	Paul Bayley	Tring RC
E+03	0:58:42	Alan William Glaister	Nuneaton Harriers	E+03	1:00:26	Paul Gibson	Redhill Road Runners	E+03	1:02:10	Darko Calina	Sutton Runners
E+03	0:58:42	Steve Damms	Northbrook AC	E+03	1:00:30	John MacInnes	Southampton Athletic Club	E+03	1:02:10	Roger Spence	Holme Pierrepont RC
E+03	0:58:42	Roland Allatt	North Derbyshire RC	E+03	1:00:31	John Goulding	Sparkhill Harriers	E+03	1:02:10	Dan Perrin	Harborough AC
E+03	0:58:43	John O'Shea	Highgate Harriers	E+03	1:00:31	Spencer Davies	Northbrook AC	E+03	1:02:11	Geoff Fawkes	Vale Royal AC
E+03	0:58:44	Peter Eccleston	Coventry Godiva Harriers	E+03	1:00:33	Robert Sedgley	Tipton Harriers	E+03	1:02:15	Matt Baker	Ripley Running Club
E+03	0:58:44	Ian Cannings	Wallasey Athletic Club	E+03	1:00:34	John English	Dulwich Runners AC	E+03	1:02:18	Edgar Aston	Kent AC
E+03	0:58:44	Matt Kiernan	Croydon Harriers	E+03	1:00:34	Christos Bitzis-Politis	London Frontrunners	E+03	1:02:18	Chris Checkley	Heaton Harriers & AC
E+03	0:58:45	Richard Deeley	Aldridge RC	E+03	1:00:34	Martin Hardey	East Hull Harriers & AC	E+03	1:02:20	Andrew Mitchelson	Brighton & Hove AC
E+03	0:58:45	Adam Green	Hermitage Harriers	E+03	1:00:35	Jon Ives	Dartford Harriers AC	E+03	1:02:22	Andrew Redden	Wellingborough & District AC
E+03	0:58:46	Alex Morgan	Halesowen ACC	E+03	1:00:36	Neil Cort	Ilkerton Running Club	E+03	1:02:24	Rod Harrington	Blackheath And Bromley Harriers
E+03	0:58:46	Paul Webster	Sparkhill Harriers	E+03	1:00:37	Anthony Raine	Torbay AAC	E+03	1:02:27	David Ford	Thames Valley Harriers
E+03	0:58:47	Duncan Hussey	Dulwich Runners AC	E+03	1:00:37	David Hayden	Derwent Runners (derby)	E+03	1:02:32	Francis Ward	Lincoln Wellington Athletic Club
E+03	0:58:51	Adrian White	Rugby & Northampton AC	E+03	1:00:38	John Mayall	Rochdale Harriers & AC	E+03	1:02:35	Paul Sadler	Clowne Road Runners Club
E+03	0:58:52	Daniel Wilson	Bournville Harriers	E+03	1:00:38	Victor Bennett	Telford Harriers	E+03	1:02:37	Valdis Pauzers	Herne Hill Harriers
E+03	0:58:53	Ian Thompson	Huncote Harriers	E+03	1:00:41	Matthew Hooton	Long Eaton Running Club	E+03	1:02:39	Philip Halse	Low Fell RC
E+03	0:58:54	Alan Kennedy	Watford Joggers	E+03	1:00:42	Kevin Thomas	Gosforth Harriers & AC	E+03	1:02:42	Alistair Gibson	Guildford & Godalming AC
E+03	0:58:54	Richard Wilkinson	Long Eaton Running Club	E+03	1:00:43	Dave Daugirda	Eton Manor AC	E+03	1:02:43	Richard Jones	Holme Pierrepont RC
E+03	0:58:55	Alan Evans	Lincoln Wellington Athletic Club	E+03	1:00:44	Darren Stevens	Reading AC	E+03	1:02:44	Ashley Chapman	Long Eaton Running Club
E+03	0:58:55	Tom Davies	South Shields Harriers & AC	E+03	1:00:45	Bill Bennett	Orion Harriers	E+03	1:02:45	Simon Barnes	Gloucester AC
E+03	0:58:56	James Abrams	Sphinx AC	E+03	1:00:46	Martin Kirby	York Acorn Running Club	E+03	1:02:46	Nicholas Marsh	Chiltern Harriers AC
E+03	0:58:58	Shaun McGrath	Houghton Harriers & AC	E+03	1:00:47	Simon Read	Maidstone Harriers	E+03	1:02:46	Paul Dennis	Beeston AC
E+03	0:58:58	Colin Laughton	Worksop Harriers	E+03	1:00:47	Alan Roberts	Vale Of Aylesbury AC	E+03	1:02:47	James Bellamy	Stourbridge RC
E+03	0:58:59	Steven Howes	Solihull & Small Heath Athletic Club	E+03	1:00:48	John Reynolds	Ilkerton Running Club	E+03	1:02:48	Christopher Jam Ham	Nuneaton Harriers
E+03	0:58:59	John Conroy	Keighley & Craven AC	E+03	1:00:48	Simon Brown	Massey Ferguson RC	E+03	1:02:49	Andrew O'Connor	St Helens Sutton AC
E+03	0:59:00	Darren Potter	Rolls Royce Harriers	E+03	1:00:48	Peter Barzetovic	Nuneaton Harriers	E+03	1:02:50	Gary Cragg	Holme Pierrepont RC
E+03	0:59:01	Michael Thompson	Quakers Running Club	E+03	1:00:49	Dave Ansell	Steel City Striders RC	E+03	1:02:51	John McCarthy	Rothwell & District Harriers
E+03	0:59:02	Christopher Revell	Knowle & Dorridge RC	E+03	1:00:49	Mike McGuinn	Derwent Runners (derby)	E+03	1:02:54	James Grinham	Steel City Striders RC
E+03	0:59:11	John Rees	Charnwood A C	E+03	1:00:49	Paul Lloyd	Solihull & Small Heath Athletic Club	E+03	1:02:54	Stephen Bennett	Orion Harriers
E+03	0:59:11	Christopher Morrison	Sinfin Running Club	E+03	1:00:50	Simon Thornhill	Sutton Runners	E+03	1:02:57	Russell Tuffin	4Life Triathlon Club
E+03	0:59:11	Michael Barlow	Kent AC	E+03	1:00:51	Ian Salt	Heanor Running Club	E+03	1:03:00	Mark Cotton	Newcastle Staffs AC
E+03	0:59:12	Ben Chamberlain	Cambridge & Coleridge AC	E+03	1:00:51	Stephen Victor Hunt	Spenborough & Dist AC	E+03	1:03:01	Simon MacHinn	Lincoln Wellington Athletic Club
E+03	0:59:13	Jonathan Maston	Rushcliffe AC	E+03	1:00:52	Ian Wood	Stafford Harriers	E+03	1:03:02	Matthew Moore	Hermitage Harriers
E+03	0:59:15	Stephen Clarke	Steel City Striders RC	E+03	1:00:52	Tony Hewett	City Of Portsmouth AC	E+03	1:03:02	Richard Mitson	Notts AC
E+03	0:59:17	Josh Marsh	Watford Joggers	E+03	1:00:53	Simon Gilbert	Cambridge University Hare and Hounds	E+03	1:03:02	Matthew Mason	Ely Runners
E+03	0:59:18	Kelvin Leong	University of Nottingham AC	E+03	1:00:53	Simon Davis	Ilkerton Running Club	E+03	1:03:04	Andrew Baker	Guildford & Godalming AC
E+03	0:59:19	Dave Lee	Massey Ferguson RC	E+03	1:00:53	Daniel Nikel	Rugby & Northampton AC	E+03	1:03:05	David Campbell	Vegan Runners UK
E+03	0:59:23	Shane Hunt	Huntingdonshire AC	E+03	1:00:55	Charles Whitmore	Tonbridge AC	E+03	1:03:07	Darren Harger	Istead & field Harriers
E+03	0:59:24	Allan Wilson	University of Nottingham AC	E+03	1:00:56	David Orme	Tipton Harriers	E+03	1:03:07	Andrew Pickard	Sheffield RC
E+03	0:59:25	Paul Creighton	Salford Harriers & AC	E+03	1:00:57	Michael Sheppard	Stratford Upon Avon AC	E+03	1:03:09	Neil Colquhoun	London Frontrunners
E+03	0:59:29	Danny Wade	Low Fell RC	E+03	1:00:57	Robert Edwards	Wolverhampton & Bilston	E+03	1:03:15	Carl Hopkinson	Ripley Running Club
E+03	0:59:30	Mark Foster	Dulwich Runners AC	E+03	1:00:57	Stephen Rendu	Rushcliffe AC	E+03	1:03:16	Keith Boxley	Birchfield Harriers
E+03	0:59:30	Richard McQuade	Gosforth Harriers & AC	E+03	1:00:58	Malcolm Weir	Belper Harriers	E+03	1:03:18	David Burton	Sleaford Striders AC
E+03	0:59:31	Wayne Broadbent	Sphinx AC	E+03	1:00:58	Anthony Lester	Matlock Athletic Club	E+03	1:03:18	Steve Plested	Ealing Southall & Middlesex AC
E+03	0:59:32	Daniel Hall	Eton Manor AC	E+03	1:00:59	Terry Booth	Guildford & Godalming AC	E+03	1:03:19	Sean Westrope	Leighton Buzzard Athletic Club
E+03	0:59:34	Peter Bailey	Buxton AC	E+03	1:00:59	Daniel Wrenn	Centurion RC	E+03	1:03:20	Mokhtar El Bouzidi A	Sleaford Striders AC
E+03	0:59:35	Ian Rivers	Kirkby Milers AC	E+03	1:01:00	Marc Randall	Rothwell & District Harriers	E+03	1:03:20	Michael Chappell	South London Harriers
E+03	0:59:35	Marshall Milton Keynes AC		E+03	1:01:00	Jon Bones	Abingdon AC	E+03	1:03:22	Ker MacRosson	Stowmarket Striders RC
E+03	0:59:37	Ian Bell	Shelton Striders	E+03	1:01:02	Tom Poynton	Serpentine RC	E+03	1:03:22	Barrie Adams	Sphinx AC
E+03	0:59:37	Richard Brown	Macclesfield Harriers & AC	E+03	1:01:03	Del James	Bourne Town Harriers	E+03	1:03:26	Richard Preston	Wolverhampton & Bilston
E+03	0:59:38	Richard Hall	Blackheath And Bromley Harriers	E+03	1:01:05	Adrian Reast	Rugby & Northampton AC	E+03	1:03:26	Graeme Purdell	4Life Triathlon Club
E+03	0:59:39	Neil Barber	Kirkby Milers AC	E+03	1:01:05	John Black	Eton Manor AC	E+03	1:03:29	Declan Boothe Brenn	Serpentine RC
E+03	0:59:39	Micheal Page	York Knavesmire Harriers	E+03	1:01:07	Peter Edwards	Heanor Running Club	E+03	1:03:32	Stuart Jones	Steel City Striders RC
E+03	0:59:39	Nick Burns	Steel City Striders RC	E+03	1:01:07	James O'Dowd	Huncote Harriers	E+03	1:03:34	Mike Race	Salford Metropolitan AC
E+03	0:59:41	Dave Johnson	Kings Heath RC - The Lions	E+03	1:01:07	Matthew Saunders	South London Harriers	E+03	1:03:36	Rob Caven	Sleaford Striders AC
E+03	0:59:43	Andrew Basey	Heanor Running Club	E+03	1:01:08	Michael Pearce	Askern & District RC	E+03	1:03:37	David Aiken	Darlington H & AC
E+03	0:59:45	Daniel McKeivitt	Kirkby Milers AC	E+03	1:01:09	Andrew Tuttle	Newbury AC	E+03	1:03:39	Mark Lambert	Ilkerton Running Club
E+03	0:59:46	Alan Maplethorpe	Long Eaton Running Club	E+03	1:01:09	Owen Doherty	Birmingham Running Athletics & Triathlon	E+03	1:03:39	Kevin Yewlett	Holmfirth Harriers AC
E+03	0:59:47	Christopher Collis	Birchfield Harriers	E+03	1:01:10	Steven Sharp	Denby Dale Travellers	E+03	1:03:39	Martin Searle	Hillingdon AC
E+03	0:59:48	Martin Oldham	London Frontrunners	E+03	1:01:12	Ian Lambert	Eton Manor AC	E+03	1:03:40	Julian Bloor	Ilkerton Running Club
E+03	0:59:48	Mike Hughes	Elvet Striders	E+03	1:01:13	Neil Gordon-Orr	Kent AC	E+03	1:03:44	Terry Woodhouse	Roadhogs Leicester AC
E+03	0:59:49	John Collier	Wesham Road Runners & AC	E+03	1:01:15	Bernie Hutchinson	Kent AC	E+03	1:03:46	Gary Dean	Penistone Footpath Runners & Athletic
E+03	0:59:49	Barry Young	North Shields Polytechnic Club	E+03	1:01:16	Daniel Cooke	South Shields Harriers & AC	E+03	1:03:48	Anthony Cohen	Tonbridge AC
E+03	0:59:50	Mark Attenborough	Redhill Road Runners	E+03	1:01:17	James Warburton	Kirkby Milers AC	E+03	1:03:50	Ian Page	Rolls Royce Harriers
E+03	0:59:50	David Gresswell	Gloucester AC	E+03	1:01:20	Richard Puxty	Tonbridge AC	E+03	1:03:50	Andrew Softley	Chesapeake Road Runners

Senior Men

Pos	Time	Name	Club	Pos	Time	Name	Club	Pos	Time	Name	Club
E+03	1:03:52	Leigh Ally	Aldridge RC	E+03	1:07:30	Anthony Edwards	Sparkhill Harriers	E+03	1:12:25	Denis Kelly	Manchester Harriers & AC
E+03	1:03:54	John Clarke	Vale Royal AC	E+03	1:07:32	Terry Chambers	Redhill Road Runners	E+03	1:12:26	Steven Leek	Notts AC
E+03	1:03:54	Philip Morris	Aldridge RC	E+03	1:07:34	Craig McGuire	Torbay AAC	E+03	1:12:28	Graham Roberts	Leamington Cycling & Athletic Club
E+03	1:03:54	Dale Cave	Owls AC Leicester	E+03	1:07:37	Paul Wakefield	Newcastle Staffs AC	E+03	1:12:31	Roy Clay	Stafford Harriers
E+03	1:03:54	Steven Briddon	North Derbyshire RC	E+03	1:07:43	Paul Ward	Kings Heath RC - The Lions	E+03	1:12:40	Steve Timms	Kings Heath RC - The Lions
E+03	1:03:58	Andrew Weaver	Dudley Kingswinford RC	E+03	1:07:43	Alan Griffiths	Wellingborough & District AC	E+03	1:12:43	Keith Sharratt	Burton AC
E+03	1:03:58	Brendan Devlin	Sinfin Running Club	E+03	1:07:46	George Clark	Derwent Runners (derby)	E+03	1:12:48	Paddy Clark	Notts AC
E+03	1:03:59	Andy Parsons	Redhill Road Runners	E+03	1:07:49	Stephen Wardle	Heonor Running Club	E+03	1:12:57	Alistair Holford	Woodford Green AC with Essex Ladies
E+03	1:04:00	Steve Tupholme	Holme Pierreport RC	E+03	1:08:04	Steve Taylor	Formula One Circuit Crew	E+03	1:12:58	Keith Marsden	Wallasey Athletic Club
E+03	1:04:02	Jacob Howe	London Heathside Runners AC	E+03	1:08:05	Robert Norman	Belper Harriers	E+03	1:13:04	John O'Donnell	Beeston AC
E+03	1:04:03	Rob Chalmers	Pensby Runners	E+03	1:08:06	Mark Ison	Team Derby Runner	E+03	1:13:24	David Shoesmith	Macclesfield Harriers & AC
E+03	1:04:04	Richard Eadsforth	Beeston AC	E+03	1:08:07	Eamon O'Hanlon	Heonor Running Club	E+03	1:13:31	Nigel Pratten	Pensby Runners
E+03	1:04:04	David Byrne	Barnet & District AC	E+03	1:08:08	Mark Riches	Belper Harriers	E+03	1:13:35	Darren Liddell	Race Hub
E+03	1:04:06	Barry Allen	Sphinx AC	E+03	1:08:11	Richard Derrick	St Albans Striders	E+03	1:13:39	George Shuttleworth	Lincoln Wellington Athletic Club
E+03	1:04:07	Peter Greenfield	Nuneaton Harriers	E+03	1:08:12	Paul Wood	Sinfin Running Club	E+03	1:13:42	Chris Cannon	Wilmslow Running Club
E+03	1:04:08	David Sweet	Rushcliffe AC	E+03	1:08:13	Peter Simpson	Vegan Runners UK	E+03	1:13:48	Clive Hayward	Redhill Road Runners
E+03	1:04:09	David Patrick	Long Eaton Running Club	E+03	1:08:13	Paul Dolan	Tipton Harriers	E+03	1:13:49	Charles Fentiman	Sparkhill Harriers
E+03	1:04:09	Jim Dawson	Lymm Runners	E+03	1:08:15	Robert Pearce	Belper Harriers	E+03	1:13:50	Tom Bamford	Ilkeston Running Club
E+03	1:04:11	Ian Crawley	Tonbridge AC	E+03	1:08:17	Andy Bentley	Tipton Harriers	E+03	1:13:55	Martin Morley	Lincoln Wellington Athletic Club
E+03	1:04:12	Richard Guest	Halesowen ACC	E+03	1:08:19	Stanley Williams	Askern & District RC	E+03	1:13:56	Grahame Eke	Folkestone RC
E+03	1:04:17	Richard Shayle	Pensby Runners	E+03	1:08:19	Jon Moorhouse	Delamere Spartans	E+03	1:14:05	Richard Apaya	Chesapeake Road Runners
E+03	1:04:17	John Harrison	Beeston AC	E+03	1:08:20	Tim Doyle	Long Eaton Running Club	E+03	1:14:14	John Grigg	Fulham Running Club
E+03	1:04:18	Adam Cole	Solihull & Small Heath Athletic Club	E+03	1:08:23	Michael Jack	St Albans Striders	E+03	1:14:24	Neil Embleton	Darlington H & AC
E+03	1:04:19	Julian Tegg	West Cheshire Athletic Club	E+03	1:08:23	John Hay	Long Eaton Running Club	E+03	1:14:41	Roy Knight	Dartford Road Runners
E+03	1:04:19	Kevin Coughlan	Northbrook AC	E+03	1:08:24	Peter Attenborough	Harborough AC	E+03	1:14:46	Paul Stevenson	Sinfin Running Club
E+03	1:04:25	Chris Hudson	Kirkstall Harriers	E+03	1:08:25	Peter Browning	Clayton Le Moors Harriers	E+03	1:15:04	Simon Hackett	Belper Harriers
E+03	1:04:26	Paul Alexander	Pensby Runners	E+03	1:08:28	Imran Ali	Sphinx AC	E+03	1:15:34	Paul Walker	Tipton Harriers
E+03	1:04:27	James Farrington	Nene Valley Harriers	E+03	1:08:33	David McAlister	Wallasey Athletic Club	E+03	1:15:51	Colin Bostock	Long Eaton Running Club
E+03	1:04:30	Rob Gooch	Kimberley & District Striders	E+03	1:08:34	Raymond Vose	St Helens Sutton AC	E+03	1:16:01	Mark Rowilson	Beeston AC
E+03	1:04:31	Darren Knight	Chesapeake Road Runners	E+03	1:08:36	Martin Lewis	East Cheshire Harriers & Tameside AC	E+03	1:16:08	Sean O'Halloran	Kirkstall Harriers
E+03	1:04:32	Jonathan Carruthers	Banbury Harriers AC	E+03	1:08:37	David Horton	Belper Harriers	E+03	1:16:25	Alan Pickard	Steel City Striders RC
E+03	1:04:33	Ian Marshall	Cambridge Harriers	E+03	1:08:40	Trevor Steeples	Hillingdon AC	E+03	1:16:32	Edward Smith	Stafford Harriers
E+03	1:04:34	Laurie Hurman	Headington RR	E+03	1:08:42	Graeme Baguley	Mansfield Harriers	E+03	1:16:34	Tom Dable	Kenilworth Runners
E+03	1:04:34	James Gallacher	Rotherham Harriers and AC	E+03	1:08:43	Mark Tallon	Darlington H & AC	E+03	1:16:36	Kevin Winch	Bexley AC
E+03	1:04:36	Jason Haigh	Holmfirth Harriers AC	E+03	1:08:53	Jeremy Collis	Hillingdon AC	E+03	1:16:38	Mal Pires	Cambridge Harriers
E+03	1:04:38	Robert Mills	Sparkhill Harriers	E+03	1:08:58	Rick Cannon	Fulham Running Club	E+03	1:16:40	Michael Dolan	Darlington H & AC
E+03	1:04:40	Martyn McHale	Redhill Road Runners	E+03	1:08:59	Nicolas Corry	Blackheath And Bromley Harriers	E+03	1:16:44	David Myatt	Trentham RC
E+03	1:04:42	Richard Longley	Trentham RC	E+03	1:09:00	Shane Walker	Chesapeake Road Runners	E+03	1:17:13	Michael Dransfield	Spensborough & Dist AC
E+03	1:04:44	Duncan Ralph	Tonbridge AC	E+03	1:09:02	Jonathan Greentree	Redhill Road Runners	E+03	1:17:15	Peter Crow	Louth AC
E+03	1:04:51	Richard Record	Sinfin Running Club	E+03	1:09:04	David James	Clc Striders	E+03	1:17:46	Frank Czarnowski	Tonbridge AC
E+03	1:04:51	Stephen Davis	Telford Harriers	E+03	1:09:07	Nigel Howard	Pensby Runners	E+03	1:17:50	Paul Watson	Tipton Harriers
E+03	1:04:53	Jake Towler	Valley Striders AC	E+03	1:09:08	Andrew Murray	Dulwich Runners AC	E+03	1:18:03	Pete Brunt	Wallasey Athletic Club
E+03	1:04:55	Clive Greyson	Redhill Road Runners	E+03	1:09:11	Ian Warton-Woods	Ripley Running Club	E+03	1:18:14	Ian Lambert	Rolls Royce Harriers
E+03	1:04:55	Steve Bennett	North Derbyshire RC	E+03	1:09:16	Brian Warner	Sinfin Running Club	E+03	1:18:27	Carl Gayle	Tipton Harriers
E+03	1:05:01	Will Buck	Norwich Road Runners	E+03	1:09:21	John Strouler	Tipton Harriers	E+03	1:18:55	Gary Andrews	Vegan Runners UK
E+03	1:05:03	Robert Robinson	Holmfirth Harriers AC	E+03	1:09:23	Patrick Grannan	Wilmslow Running Club	E+03	1:18:57	Martin McGann	East Cheshire Harriers & Tameside AC
E+03	1:05:07	Trevor Burton	Steel City Striders RC	E+03	1:09:26	Michael Mason	Aldridge RC	E+03	1:19:18	Mick Collinson	Denby Dale Travellers
E+03	1:05:09	John Bignell	Hillingdon AC	E+03	1:09:29	Ben Smyth	Ilkeston Running Club	E+03	1:19:33	Craig Hinks	Sparkhill Harriers
E+03	1:05:13	Mel Taylor	Tunbridge Wells Harriers	E+03	1:09:33	Marc Tremain	Grantham Running Club	E+03	1:19:41	Terry Armstrong	Steel City Striders RC
E+03	1:05:18	Graeme Rolfe	Harborough AC	E+03	1:09:38	Andrew MacAllister	Grantham Running Club	E+03	1:20:13	Shane Fenn	Beeston AC
E+03	1:05:19	Clive Poole	Gloucester AC	E+03	1:09:39	Michael Donington	Harborough AC	E+03	1:20:40	John Bush	Sinfin Running Club
E+03	1:05:20	Tommy Hill	Solihull & Small Heath Athletic Club	E+03	1:09:41	Paul Samuels	Bournville Harriers	E+03	1:21:00	Mark Webster	Redhill Road Runners
E+03	1:05:22	Matthew Lennard	Sleaford Striders AC	E+03	1:09:42	Colin Rathbone	Vale Royal AC	E+03	1:22:25	Mark Newell	Cambridge Harriers
E+03	1:05:24	John Nodder	York Knavesmire Harriers	E+03	1:09:45	Gary Jones	Kirkby Milers AC	E+03	1:23:23	Raymond Archer	Barnsley Athletic Club
E+03	1:05:27	Andrew Howarth	Leigh Harriers & AC	E+03	1:09:48	Kevin Morris	Sparkhill Harriers	E+03	1:23:49	Alan Wells	Hillingdon AC
E+03	1:05:29	Des Holmes	Beaumont RC	E+03	1:09:49	Robert Softley	Chesapeake Road Runners	E+03	1:24:15	Paul Manson	Eton Manor AC
E+03	1:05:29	Barry Attwell	South London Harriers	E+03	1:09:53	Phillip York	Ealing Southall & Middlesex AC	E+03	1:28:12	Brian Feldman	Roadhogs Leicester AC
E+03	1:05:31	Richard Hind	Clowne Road Runners Club	E+03	1:09:59	Steven Armstrong	Wallasey Athletic Club	E+03	1:30:51	Barry Murray	Birtley AC
E+03	1:05:31	Tom Miller	Northbrook AC	E+03	1:10:04	Robert Wilson	Rolls Royce Harriers	E+03	1:33:36	Trevor Faulkner	Wilmslow Running Club
E+03	1:05:35	Christopher Lee	Horsham Blue Star Harriers	E+03	1:10:04	Steve Adams	Eton Manor AC	E+03	1:34:39	Peter Cokes	Poole AC
E+03	1:05:36	John Guest	Trentham RC	E+03	1:10:05	Richard Bower	Ilkeston Running Club	E+03	1:43:47	Steve Morris	Desford Striders
E+03	1:05:37	Paul McFarlane	Sutton Runners	E+03	1:10:09	Trevor Powell	Woodford Green AC with Essex Ladies	E+03	1:45:38	Tim Bentley	Shelton Striders
E+03	1:05:38	Richard Adrian Pegg	Steel City Striders RC	E+03	1:10:10	David McHugh	Aldridge RC				
E+03	1:05:39	Richard Butterworth	Redhill Road Runners	E+03	1:10:11	Anthony Williamson	Beeston AC				
E+03	1:05:40	Andrew Rawlins	Werrington Joggers	E+03	1:10:18	Glynn Parker	Wreake and Soar Valley AC				
E+03	1:05:45	Paul Thelwell	Wallasey Athletic Club	E+03	1:10:21	Stephen Symons	Manchester Ymca Harriers				
E+03	1:05:45	Earl Lever	Kimberworth Striders	E+03	1:10:24	Robert Burton	Hillingdon AC				
E+03	1:05:45	Karl Lewis	Tipton Harriers	E+03	1:10:31	Damian Cowlshaw	Long Eaton Running Club				
E+03	1:05:47	Tony Collins	Havering AC	E+03	1:10:34	Curtis Allman	Hillingdon AC				
E+03	1:05:53	Wayne Byrne	Cleethorpes and District AC	E+03	1:10:40	Phillippe Rawson	Northbrook AC				
E+03	1:05:55	Paul Cope	Kirkby Milers AC	E+03	1:10:43	Simon Hudson	Aldridge RC				
E+03	1:05:58	Mihail Mihaylov	Beeston AC	E+03	1:10:46	Chris Robson	Long Eaton Running Club				
E+03	1:06:00	Michael Green	Kings Heath RC - The Lions	E+03	1:10:47	Matthew Cox	Rochdale Harriers & AC				
E+03	1:06:01	Nick Budd	Congleton Harriers	E+03	1:10:49	Steve Partridge	Kings Heath RC - The Lions				
E+03	1:06:03	David Larkin	Macclesfield Harriers & AC	E+03	1:10:51	Andrew Gristwood	Cleethorpes And District AC				
E+03	1:06:05	Kieran O'Brien	Kirkstall Harriers	E+03	1:10:54	Richard Lodge	Aldridge RC				
E+03	1:06:05	John Hargreaves	Great Western Runners	E+03	1:10:55	Brian Gravelsons	Stratford Upon Avon AC				
E+03	1:06:12	Derek McArdle	Wallasey Athletic Club	E+03	1:10:55	Craig Harmon	Blyth Running Club				
E+03	1:06:18	Dave McCarthy	Birchfield Harriers	E+03	1:10:56	Nicholas Clarke	Notts AC				
E+03	1:06:18	Danny Ford	South Shields Harriers & AC	E+03	1:10:57	Daron Fincham	Telford AC				
E+03	1:06:19	Graham Park	Quakers Running Club	E+03	1:10:59	Kevin Loftus	North Derbyshire RC				
E+03	1:06:27	Mick Moorhouse	Matlock Athletic Club	E+03	1:11:02	Richard Watson	Hermitage Harriers				
E+03	1:06:29	Paul Stockings	Woodford Green AC with Essex Ladies	E+03	1:11:05	Graham Lamb	Burton AC				
E+03	1:06:37	Paul Young	Kettering Town Harriers	E+03	1:11:06	Graham Wood	Hillingdon AC				
E+03	1:06:39	Andy King	Witham Runners (Lincolnshire)	E+03	1:11:15	John Owen	Barnet & District AC				
E+03	1:06:40	Carl Hughes	Heonor Running Club	E+03	1:11:20	Danny Routledge	Heaton Harriers & AC				
E+03	1:06:42	Geoff Watson	Durham City Harriers & AC	E+03	1:11:22	Adrian Lloyd	Centurion RC				
E+03	1:06:48	Andy Rea	Centurion RC	E+03	1:11:23	Michael Cunningham	Manchester Harriers & AC				
E+03	1:06:54	Sujan Shrestha	Sutton Runners	E+03	1:11:33	Steven Brooks	Tonbridge AC				
E+03	1:06:56	Stuart Arguile	Avon Valley Runners	E+03	1:11:40	Richard Pettitt	Vale Royal AC				
E+03	1:06:56	Stephen Saunders	Pensby Runners	E+03	1:11:42	Stephen Doswell	Bournville Harriers				
E+03	1:07:01	Michael Standage	Epsom & Ewell Harriers	E+03	1:11:47	Geoff Cotterill	Manchester Ymca Harriers				
E+03	1:07:06	Michael Doyle	Kimberley & District Striders	E+03	1:11:49	Frederick Tennant	Quakers Running Club				
E+03	1:07:10	Steve Rigby	South London Harriers	E+03	1:11:50	Ian Prime	Congleton Harriers				
E+03	1:07:12	Timothy Rainey	Sale Harriers Manchester	E+03	1:12:04	Guy Barwell	Beeston AC				
E+03	1:07:15	Keith Vickers	Louth AC	E+03	1:12:04	Ian Cresswell	Wolverhampton & Bilston				
E+03	1:07:18	Philip Anderson	Bromsgrove And Redditch	E+03	1:12:11	Carl Horth	City of Hull AC				
E+03	1:07:20	Andy Matthews	Centurion RC	E+03	1:12:14	Peter Robinson	Notts AC				
E+03	1:07:23	Mike Peace	Ranelagh Harriers	E+03	1:12:20	Dave Wolstencroft	Stratford Upon Avon AC				
E+03	1:07:28	Richard Bowes	Darlington H & AC	E+03	1:12:21	Greg Marshall	Serpentine RC				

