2019 National XC Relays

Senior Men

Complete

Pos	Time	bib	Team	Leg1		Leg2		Leg3		Leg4	
1	01:05:14.100	114	Leeds City AC 'A'	16:09.05 (5)	P Sesemann	16:41.40 (4)	M Grieve	16:22.50 (1)	G Rush	16:01.15 (1)	E Cairess
2	01:05:45.200	37	Cambridge & Coleridge AC 'A'	16:22.00 (12)	J Escalante-Phillip	16:39.40 (5)	J Smith	16:26.80 (2)	J Gray	16:17.00 (2)	M Scott
3	01:06:25.550	9	Bedford & County AC 'A'	16:16.80 (7)	M Bergin	16:32.90 (3)	J Goodwin	16:59.90 (4)	M Bray	16:35.95 (3)	D Jarvis
4	01:06:30.800	2	Aldershot Farnham & District 'A'	16:34.90 (17)	A Clarke	16:38.15 (6)	B Bradley	17:00.90 (6)	J Grace	16:16.85 (4)	R Allen
5	01:06:50.600	3	Aldershot Farnham & District 'B'	16:13.60 (6)	R Harvie	16:23.35 (2)	E Cross	17:07.40 (3)	G Cockle	17:06.25 (5)	L Prior
6	01:07:00.200	181	Shaftesbury Barnet Harriers 'A'	16:47.40 (24)	P Crout	16:43.60 (8)	D Evans	16:53.20 (7)	K Clements	16:36.00 (6)	L Dee
7	01:08:00.300	226	Wreake & Soar Valley	15:52.85 (1)	S Stabler	16:33.50 (1)	D Hallam	17:33.05 (5)	T Mahon	18:00.90 (7)	P Miles
8	01:08:20.300	115	Leeds City AC 'B'	16:39.25 (18)	O Meslek	17:46.05 (21)	J Ashcroft	16:40.10 (10)	L Taylor	17:14.90 (8)	J Woodcock-Shaw
9	01:08:20.500	134	Morpeth Harriers & Ac 'A'	16:24.50 (13)	C Parr	17:01.25 (7)	S Hancox	17:23.85 (8)	G Lowry	17:30.90 (9)	A Brown
10	01:08:33.450	141	Newham & Essex Beagles AC	16:17.55 (9)	J Rossiter	17:29.45 (14)	E Sumskis	17:30.80 (12)	O Heaslip	17:15.65 (10)	E Pierce
11	01:08:37.600	207	Tonbridge Ac 'A'	16:41.50 (19)	R Driscoll	16:56.45 (10)	A Kinloch	17:50.80 (15)	M Weatherseed	17:08.85 (11)	K Reilly
12	01:08:44.500	32	Bristol and West AC 'A'	16:17.40 (8)	J Millar	17:15.30 (9)	A Watt	17:17.30 (9)	F McGrath	17:54.50 (12)	J Moody
13	01:09:03.000	17	Birchfield Harriers 'A'	16:50.60 (26)	A Tovey	17:20.85 (19)	E Banks	17:15.15 (14)	S Johnson	17:36.40 (13)	T Beasley
14	01:09:11.650	202	Thames Valley Harriers 'A'	17:00.30 (30)	A Silva	17:41.70 (24)	C Kissane-Wood	17:28.30 (21)	D Mulryan	17:01.35 (14)	M Aadan
15	01:09:41.900	83	Hallamshire Harriers Sheffield 'A'	16:02.75 (4)	A Heyes	17:47.80 (15)	J McCrae	17:57.60 (18)	C Milnes	17:53.75 (15)	R Smith
16	01:09:54.750	21	Blackburn Harriers & Ac 'A'	16:20.30 (11)	R Warner	17:47.40 (17)	T Raynes	17:04.95 (11)	B Fish	18:42.10 (16)	K Billington
17	01:10:24.800	101	Holmfirth Harriers Ac 'A'	16:49.10 (25)	M Buckingham	17:32.45 (20)	C Law	18:16.85 (25)	K Sunman	17:46.40 (17)	L Byram
18	01:10:28.900	128	Milton Keynes Distance Project 'A'	17:05.00 (33)	J Morrow	17:48.65 (29)	M D'Aquila	17:28.80 (23)	G Wheeler	18:06.45 (18)	C Wheeler
19	01:10:36.300	178	Salford Harriers & Ac 'A'	17:17.60 (39)	E Palmer	17:27.55 (26)	K Darcy	17:33.35 (22)	C Hardman	18:17.80 (19)	J Bailey
20	01:10:38.850	168	Rotherham Harriers And Ac 'A'	16:31.80 (15)	L Cotter	18:10.95 (25)	A Larkin	17:21.00 (19)	L Milburn	18:35.10 (20)	J Johnson
21	01:10:41.150	38	Cambridge & Coleridge AC 'B'	16:46.70 (23)	N Shreeve	17:43.35 (23)	M Gilbert	18:15.75 (26)	C Darling	17:55.35 (21)	J Dunce
22	01:11:00.750	208	Tonbridge Ac 'B'	17:39.00 (45)	B Murphy	17:30.10 (31)	C Payas	17:43.75 (27)	J Goodge	18:07.90 (22)	M Ellis
23	01:11:03.450	10	Bedford & County AC 'B'	16:44.70 (21)	J Janes	17:01.05 (13)	B Alcock	18:51.55 (24)	R Henderson	18:26.15 (23)	A Headley
24	01:11:06.150	201	Thames Hare & Hounds	17:13.20 (36)	J Carr	17:52.00 (30)	P Roddy	18:11.35 (28)	A Ben-Israel	17:49.60 (24)	R Ollington
25	01:11:06.800	205	Tipton Harriers 'A'	17:07.40 (34)	Runner A205	17:39.90 (27)	Runner B205	17:21.90 (20)	Runner C205	18:57.60 (25)	Runner D205
26	01:11:08.700	4	Aldershot Farnham & District 'C'	16:45.65 (22)	H Dixon	16:57.40 (12)	C Charleston	17:46.30 (16)	P Sewell	19:39.35 (26)	A Pointon
27	01:11:13.250	24	Blackheath And Bromley Harriers AC 'A'	17:17.00 (38)	C Davis	16:52.55 (18)	J Schofield	17:22.60 (17)	J Habergham	19:41.10 (27)	D Kennedy
28	01:11:15.750	48	City Of Sheffield And Dearne Ac	15:54.90 (2)	J Gormley	17:46.45 (11)	A Farah	17:42.60 (13)	M Saleh	19:51.80 (28)	J Gray
29	01:11:29.950	1277	Marshall Milton Keynes AC 'A'	17:36.00 (43)	J Tuttle	18:03.00 (40)	P Mizon	17:44.25 (29)	S Winters	18:06.70 (29)	J Seddon
30	01:12:24.450	121	Liverpool Harriers & AC 'A'	16:19.70 (10)	D Cliffe	20:27.85 (53)	A Roach	17:25.45 (35)	R Burney	18:11.45 (30)	T Rogerson
31	01:12:36.850	49	City Of Stoke Ac 'A'	17:25.50 (40)	D Sheldon	18:08.10 (38)	I Salt	18:26.30 (33)	M Harding	18:36.95 (31)	J Spilsbury
32	01:12:37.050	51	City of York AC 'A'	16:56.15 (29)	D Cheeseman	18:35.90 (37)	G Phillips	18:40.40 (34)	N Dickinson	18:24.60 (32)	T Stratton
33	01:12:38.050	129	Marshall Milton Keynes AC 'B'	18:14.70 (59)	E Hind	18:06.75 (46)	D Woodgate	17:37.75 (32)	L Burguete	18:38.85 (33)	G Jones
34	01:12:52.850	116	Leeds City AC 'C'	17:49.35 (53)	M Abshir	18:37.15 (50)	T Hutchinson	18:03.35 (40)	M Burrett	18:23.00 (34)	S Deakin
35	01:12:56.950	210	Trafford AC 'A'	17:14.75 (37)	J Ferns	17:59.35 (33)	S O'Meara	19:13.00 (39)	J Prest	18:29.85 (35)	G Tomlinson
36	01:13:17.700	147	Notts AC 'A'	17:11.25 (35)	F Hessian	18:50.65 (43)	S King	18:13.00 (36)	T Hartley	19:02.80 (36)	S Long
37	01:13:31.450	33	Bristol and West AC 'B'	18:51.95 (78)	A Wilson	17:34.55 (49)	W Christofi	18:09.55 (42)	J Bartlett	18:55.40 (37)	J Bancroft
38	01:13:48.350	65	Ealing Southall & Middlesex AC 'A'	18:14.85 (60)	M Hashi	18:03.15 (45)	B Waterman	18:48.25 (46)	C Hepworth	18:42.10 (38)	J Taylor-Caldwell
39	01:13:52.850	67	East Cheshire Harriers & Tameside Ac 'A'	17:41.10 (47)	J Hudak	17:36.40 (34)	D Barratt	18:39.00 (31)	G Browne	19:56.35 (39)	M Stout
40	01:13:57.250	157	Reading AC 'A'	17:42.20 (49)	L Jolly	18:52.85 (51)	D Lewis	18:57.45 (48)	E Stockdale	18:24.75 (40)	M Booth
41	01:13:59.150	150	Peterborough & Nene Valley AC 'A'	18:03.85 (55)	D Watson	17:34.45 (39)	A Hampson	18:53.25 (41)	K Brawn	19:27.60 (41)	S Fell
42	01:14:15.800	11	Bedford & County AC 'C'	17:44.15 (50)	P Benedickter	19:21.45 (58)	W Mullins	18:30.00 (49)	M Nicholson	18:40.20 (42)	C Thornley
43	01:14:43.700	53	Coventry Godiva Harriers 'A'	17:04.45 (32)	O Paulin	18:24.40 (36)	S Hudspith	18:24.95 (30)	J McLeod	20:49.90 (43)	C Roberts
44	01:14:46.400	191	St Albans Striders	15:57.50 (3)	J McMurray	19:16.25 (32)	G Withers	19:08.55 (38)	T Halling	20:24.10 (44)	S Jones
45	01:15:09.300	39	Cambridge & Coleridge AC 'C'	18:04.65 (56)	P Miller	19:17.05 (64)	A Parmenter	18:55.55 (54)	A Tapley	18:52.05 (45)	N Smallwood
46	01:15:19.500	93	Herne Hill Harriers 'A'	18:42.90 (75)	A Butler	18:30.50 (63)	N Dewar	19:13.60 (55)	A Warburton	18:52.50 (46)	B Dewar
47	01:15:27.250	112	Lancaster & Morecambe AC 'A'	19:00.90 (81)	L Parrington	18:09.55 (62)	R Edgar	17:56.50 (47)	B Smith	20:20.30 (47)	M Holgate
48	01:15:59.850	212	Vale Royal Ac 'A'	16:53.65 (28)	C Perry	19:04.75 (42)	N Williams	18:51.25 (43)	J Betteley	21:10.20 (48)	G Williams
49	01:16:14.300	98	Holme Pierrepont RC 'A'	18:46.90 (76)	P Nind	19:01.60 (70)	E George	18:12.35 (52)	O Matharu	20:13.45 (49)	J Kirkwood
50	01:16:26.850	88	Heanor RC 'A'	17:45.35 (51)	J Rainsford	18:27.50 (44)	C Patterson	18:43.60 (44)	K Watson	21:30.40 (50)	L D'Arcy
51	01:16:31.100	35	Bure Valley Harriers	17:47.20 (52)	M Eccles	18:37.00 (48)	S Walford	21:21.80 (62)	S Partridge	18:45.10 (51)	R Davidson
52	01:16:45.950	18	Birchfield Harriers 'B'	18:05.25 (57)	A Jolly	18:34.90 (52)	A Meade	19:29.90 (53)	J Read	20:35.90 (52)	M Biggs
53	01:16:55.100	57	Darlington H & AC	19:29.40 (95)	P Allan	19:04.50 (77)	W Tarn	19:08.10 (61)	D Inglis	19:13.10 (53)	J Clifford
54	01:17:06.350	22	Blackburn Harriers & Ac 'B'	18:17.40 (62)	C Davies	19:30.45 (69)	P Bradshaw	20:26.20 (68)	P Guinan	18:52.30 (54)	D Walton
55	01:17:12.050	31	Bracknell AC	17:33.70 (42)	M Seddon	17:50.90 (35)	S Halsted	20:15.70 (50)	J Ashton	21:31.75 (55)	B Poll
56	01:17:37.650	155	Pudsey & Bramley Ac	16:44.30 (20)	A Smith	19:38.00 (47)	C Walker	21:00.90 (59)	N Bourke	20:14.45 (56)	N Armitage
57	01:17:47.350	214	Valley Striders AC	19:30.60 (96)	D Song	18:50.25 (76)	D Grant	20:45.20 (76)	T Thomas	18:41.30 (57)	J Young
58	01:17:48.150	209	Tonbridge Ac 'C'	18:39.10 (70)	S Strange	18:23.45 (56)	J Taylor	18:54.15 (51)	D Poore	21:51.45 (58)	M Pitcairn-Know
59	01:17:52.100	179	Salford Harriers & Ac 'B'	19:49.00 (105)	D Hudson	18:47.05 (79)	S Robinson	19:47.80 (70)	B McCartney	19:28.25 (59)	P Leybourne
60	01:18:12.800	69	East Hull Harriers & Ac 'A'	19:11.50 (87)	R Weekes	18:53.10 (73)	M Hayes	20:54.35 (75)	G Couzens	19:13.85 (60)	L Suddaby
61	01:18:14.900	197	Sutton In Ashfield Harriers & Ac 'A'	19:23.00 (88)	D Cass	18:35.55 (72)	D Nugent	19:21.95 (58)	R Robinson	20:54.40 (61)	A Wright
62	01:18:20.800	40	CharnwoodAC 'A'	18:28.30 (64)	S Mears	18:20.75 (54)	T Whitmore	21:20.05 (67)	D Locker	20:11.70 (62)	P Harmer
63	01:18:32.900	137	Newark Ac 'A'	19:07.90 (84)	J Bailey	17:59.10 (60)	O Carrington	20:50.85 (64)	T Hubbard	20:35.05 (63)	D Davies
64	01:18:39.250	169	Rotherham Harriers And Ac 'B'	18:39.40 (71)	G Sampson	18:28.50 (61)	A Johnson	21:30.50 (71)	P Hoole	20:00.85 (64)	S Clegg
65	01:18:51.900	172	Rushcliffe Ac 'A'	17:32.30 (41)	J Tuffin	19:33.40 (59)	S Dickens	19:27.95 (56)	M Dunkley	22:18.25 (65)	N McNamara
66	01:18:54.400	75	Gateshead Harriers & AC 'A'	18:13.35 (58)	M Linsley	19:29.00 (68)	S Asquith	20:16.75 (65)	R Christie	20:55.30 (66)	P Waller
67	01:19:03.100	203	Thames Valley Harriers 'B'	18:20.55 (63)	R Vallance	19:28.95 (71)	D Garcia Rasines	19:50.00 (60)	G Low	21:23.60 (67)	S Norris
68	01:19:19.450	62	Doncaster AC 'A'	19:27.85 (94)	J Clark	19:31.60 (85)	D Sedgwick	19:45.25 (73)	P Badger	20:34.75 (68)	J Osborne
69	01:19:22.500	223	Wirral AC	19:09.45 (85)	J Heap	19:32.40 (81)	J MacKie	19:23.10 (66)	I Wallace	21:17.55 (69)	S Dunk
70	01:19:29.050	94	Herne Hill Harriers 'B'	21:08.90 (130)	C Osborne	19:06.50 (97)	S Coombes	18:59.10 (77)	J Pewter	20:14.55 (70)	H Brown
71	01:19:40.500	123	Long Eaton RC 'A'	19:42.40 (102)	T Caldwell	19:55.90 (91)	P Allcock	19:19.25 (74)	R Haw	20:42.95 (71)	M Rocchelli
72	01:19:47.900	125	Mansfield Harriers 'A'	18:59.00 (80)	N Cope	20:29.95 (88)	J Wales	20:19.75 (80)	M Fickling	19:59.20 (72)	D Hardy
73	01:19:52.550	46	City Of Norwich AC 'B'	18:37.25 (68)	S Coyne	18:53.95 (66)	S Todd	22:48.50 (82)	M Solway	19:32.85 (73)	J Quint
74	01:20:05.700	81	Halesowen ACC	19:09.70 (86)	P Dear	19:25.00 (78)	A Butler	21:39.00 (81)	J Hoult	19:52.00 (74)	A Yapp
75	01:20:08.400	6	Barnsley Harriers 'A'	19:05.00 (82)	A Ford	20:06.80 (87)	R Spooner	21:50.15 (85)	S Haywood	19:06.45 (75)	P Johnson
76	01:20:34.550	63	Doncaster AC 'B'	19:41.55 (100)	M Felczerek	20:13.40 (93)	A Teasdale	19:31.50 (78)	S Wright	21:08.10 (76)	M James
77	01:20:40.350	27	Blackhill Bounders 'A'	17:40.25 (46)	J Bell	19:23.55 (57)	D Best	19:42.65 (57)	S Bowyer	23:53.90 (77)	J Dodds
78	01:20:45.400	119	Lincoln Wellington AC 'A'	16:28.20 (14)	J Wilkinson	18:01.15 (22)	J Richardson	20:31.55 (45)	C Connolly	25:44.50 (78)	K Maplethorpe
79	01:21:20.650	8	Beaumont RC	20:03.00 (111)	R Tyrrell	20:56.00 (101)	R Jinks	20:28.00 (88)	P Chritchlow	19:53.65 (79)	O Lees
80	01:21:47.850	58	Derby AC 'A'	18:01.45 (54)	K Farrow	19:24.85 (65)	M Kerr	22:01.60 (79)	R Parkin	22:19.95 (80)	C Jordan
81	01:22:13.600	1	Abingdon AC	18:42.10 (74)	H Read	20:47.90 (89)	J Gavin	23:08.30 (92)	P Hughes	19:35.30 (81)	O Stepney
82	01:22:26.650	131	Matlock AC	20:33.90 (120)	P Wright	21:52.40 (117)	O Brocklehurst	19:46.95 (91)	C Davenport	20:13.40 (82)	J Thorpe
83	01:22:48.500	78	Grantham RC 'A'	18:30.15 (65)	J Palmer	21:05.30 (90)	G Davies	21:15.75 (84)	C Limmer	21:57.30 (83)	P Devine
84	01:23:22.800	14	Belper Harriers 'A'	19:23.10 (89)	N Brickman	21:51.90 (107)	J Hart	21:38.35 (97)	D Heslop	20:29.45 (84)	E James
85	01:24:01.500	91	Hermitage Harriers 'A'	19:43.30 (103)	A Percy	21:25.70 (105)	P Armstrong	22:40.30 (104)	J Collins	20:12.20 (85)	I Murdey
86	01:24:09.800	126	Mansfield Harriers 'B'	20:36.50 (122)	J Lowe	21:25.35 (113)	C Allcock	21:02.90 (100)	A Wetherill	21:05.05 (86)	C Monk
87	01:24:28.950	151	Peterborough & Nene Valley AC 'B'	19:49.80 (106)	M Popple	21:48.55 (111)	O Mason	21:03.90 (93)	T Wright	21:46.70 (87)	R Anderson
88	01:24:37.900	221	Winchester & District AC	19:23.30 (90)	T Oliver	21:40.00 (103)	A Parkinson	20:37.20 (90)	S Appleton	22:57.40 (88)	M Grote
89	01:24:53.400	104	Ilkeston RC 'A'	19:42.35 (101)	S Owen	22:15.15 (112)	A Duthie	20:50.20 (95)	I Hunter	22:05.70 (89)	J Reynolds
90	01:24:55.750	211	Trafford AC 'B'	19:07.50 (83)	G Kelly	20:56.50 (95)	J Cooper	21:03.25 (86)	G Marcroft	23:48.50 (90)	J Fletcher
91	01:24:57.950	180	Salford Harriers & Ac 'C'	19:54.55 (107)	P Bannister	19:10.30 (86)	M Latham	21:18.10 (83)	M Brocklehurst	24:35.00 (91)	S Cordell
92	01:25:17.350	99	Holme Pierrepont RC 'B'	19:46.30 (104)	J Fox	21:06.30 (99)	S Williams-Dunca	22:08.00 (99)	A Soley	22:16.75 (92)	R Nason
93	01:25:19.900	111	Knowle & Dorridge RC	19:34.80 (98)	D Carbutt	21:36.45 (106)	G Turner	24:44.15 (121)	P Wood	19:24.50 (93)	R Michaelson-Ye
94	01:25:21.000	68	East Cheshire Harriers & Tameside Ac 'B'	20:37.60 (123)	D Smith	20:17.70 (100)	L Browne	22:20.30 (101)	J Hartshorne	22:05.40 (94)	D Thomas
95	01:25:36.000	76	Gateshead Harriers & AC 'B'	20:26.15 (118)	P Grimoldby	22:09.55 (120)	C Paton	20:55.45 (102)	K Connolly	22:04.85 (95)	S Wellings
96	01:25:43.000	12	Beeston AC 'A'	20:38.75 (124)	A Taplin	21:53.15 (118)	S Barnes	22:14.45 (112)	S Mason	20:56.65 (96)	C Bell
97	01:25:45.900	217	Wakefield District H & Ac 'A'	18:52.90 (79)	C Snowball	20:04.40 (84)	C Davidson	26:30.90 (115)	J Prideaux	20:17.70 (97)	C Ward
98	01:25:49.950	142	North Derbyshire RC 'A'	18:33.05 (66)	R Start	22:12.40 (98)	T Topham	22:11.85 (98)	D Teasel	22:52.65 (98)	D Robb
99	01:25:53.000	156	Queensbury RC	20:12.35 (113)	A Galt	21:22.75 (110)	D Hunt	22:49.60 (109)	A Dovernor	21:28.30 (99)	C Williams
100	01:25:59.950	42	City of Hull AC 'A'	20:01.45 (110)	E Rex	20:59.90 (102)	D Scott	21:44.40 (94)	T Savage	23:14.20 (100)	T Pattle
101	01:26:31.500	29	Bourne Town Harriers 'A'	20:57.65 (127)	A Swallow	21:35.75 (119)	T Comben	23:13.00 (117)	T Gilbert	20:45.10 (101)	S Sheppard
102	01:26:49.400	70	East Hull Harriers & Ac 'B'	22:32.70 (152)	T Groves	20:44.95 (127)	M Bissell	21:45.40 (114)	A Smith	21:46.35 (102)	P Wray
103	01:26:52.800	160	Redhill RR 'A'	19:24.90 (91)	L Stubbs	22:47.55 (115)	M Lee	21:49.30 (106)	S Nash	22:51.05 (103)	C Ward
104	01:26:57.600	224	Worksop Harriers 'A'	19:27.25 (93)	T Shaw	21:54.45 (108)	C Wolstenholme	23:21.60 (110)	J Kerrigan	22:14.30 (104)	B Cherry
105	01:26:59.600	164	Ribble Valley Harriers	19:25.35 (92)	S Livesey	19:15.30 (80)	S Hall	19:12.65 (63)	N Gaskell	29:06.30 (105)	B Walmsley
106	01:27:11.100	195	Stilton Striders 'A'	20:16.60 (115)	I Drage	21:15.30 (109)	S Elkington	22:22.85 (105)	I Bickle	23:16.35 (106)	T Boden
107	01:27:16.100	215	Vegan Runners UK 'A'	19:54.95 (108)	B Templeman	23:11.60 (123)	G Morris	21:41.05 (113)	A Williams	22:28.50 (107)	S Northcott
108	01:27:32.800	153	Pontefract AC	23:40.80 (165)	P Reveley	22:12.45 (145)	D Kidd	21:25.75 (127)	N Doy	20:13.80 (108)	S Lowe
109	01:27:45.600	89	Heanor RC 'B'	21:45.00 (139)	Runner A89	21:23.30 (124)	Runner B89	22:46.50 (120)	Runner C89	21:50.80 (109)	Runner D89
110	01:27:51.650	170	Rotherham Harriers And Ac 'C'	24:03.60 (171)	J Gallacher	21:50.35 (146)	R Parker	20:26.45 (124)	B Burton	21:31.25 (110)	D Furniss
111	01:27:53.400	148	Notts AC 'B'	20:29.35 (119)	S Godwin	22:11.40 (121)	B Abbott	24:41.00 (128)	D Keasey	20:31.65 (111)	J Muddeman
112	01:28:10.900	36	Buxton AC	22:21.50 (148)	D Soles	20:51.20 (125)	D Fryer-Winder	22:40.75 (119)	R Bouglas	22:17.45 (112)	D Latham
113	01:28:24.650	60	Desford Striders 'A'	22:25.70 (151)	K Billington	21:59.50 (133)	R Billington	20:18.70 (111)	J Dixon	23:40.75 (113)	G Hobbs
114	01:28:29.500	79	Grantham RC 'B'	21:15.95 (131)	J Jeronimo	21:59.05 (126)	M Williamson	22:38.20 (118)	R Howbrook	22:36.30 (114)	P Bonner
115	01:28:42.850	124	Long Eaton RC 'B'	19:32.50 (97)	M Coaker	20:39.40 (96)	D Hawley	21:15.70 (89)	M Lay	27:15.25 (115)	P MacHin
116	01:29:28.800	192	Steel City Striders Rc 'A'	22:13.90 (145)	K Sibley	23:51.25 (148)	I Stinson	22:18.70 (133)	C Lawson	21:04.95 (116)	R Wood
117	01:29:29.700	106	Keighley & Craven Ac 'A'	23:09.60 (160)	J Conroy	20:37.55 (129)	S Bairstow	22:48.70 (125)	A Jackson	22:53.85 (117)	A Kirton
118	01:29:41.550	165	Ripley RC 'A'	24:33.40 (176)	J Bird	22:10.05 (156)	M Penny	22:41.40 (140)	M Nicholls	20:16.70 (118)	R West
119	01:29:55.600	173	Rushcliffe Ac 'B'	21:37.00 (134)	K Bowen	22:35.55 (130)	P Hendrick	23:31.75 (130)	K Baker	22:11.30 (119)	D Gandee