

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1	0:43:36	6770	Calum Johnson	Gateshead Harriers and AC	101	0:47:52	8054	Phillip Crout	Shaftesbury Barnet Harriers
2	0:43:59	6690	Joe Steward	East Cheshire Harriers and Ta	102	0:47:55	8441	Cameron Payas	Tonbridge AC
3	0:44:13	7303	Linton Taylor	Leeds City AC	103	0:47:56	8312	David Bishop	Team Derby Runner
4	0:44:24	8155	Adam Hickey	Southend On Sea AC	104	0:47:56	7547	Keiran Walker	Middlesbrough AC (mandale)
5	0:44:33	7564	Carl Avery	Morpeth Harriers and AC	105	0:47:56	6364	Andrew Watt	Bristol and West AC
6	0:44:35	6117	Daniel Jarvis	Bedford and County AC	106	0:47:58	6650	Jack Ramm	Dulwich Runners AC
7	0:44:41	6325	Zak Seddon	Bracknell AC	107	0:47:58	6236	Michael Tanner	Birchfield Harriers
8	0:44:42	7298	Graham Rush	Leeds City AC	108	0:48:03	7989	Gary Priestley	Salford Harriers and AC
9	0:44:54	7072	Mark Buckingham	Holmfirth Harriers AC	109	0:48:06	6085	Ross Campbell	Barrow and Furness Striders
10	0:44:56	6358	Jack Millar	Bristol and West AC	110	0:48:06	7531	Harry Holmes	Matlock AC
11	0:45:00	8439	Maximilian Nicholls	Tonbridge AC	111	0:48:08	6343	Jed Bartlett	Bristol and West AC
12	0:45:02	7012	Alexander Lepretre	Highgate Harriers	112	0:48:09	6028	Shaun Smith	Aldershot Farnham and Distri
13	0:45:04	7622	Jayne Rossiter	Newham and Essex Beagles A	113	0:48:10	6018	George Gathercole	Aldershot Farnham and Distri
14	0:45:23	6219	Omar Ahmed	Birchfield Harriers	114	0:48:10	7698	Bruce Raeside	Notts AC
15	0:45:26	7180	John Gilbert	Kent AC	115	0:48:10	7288	Mick Hill	Leeds City AC
16	0:45:28	8376	Antonio Silva	Thames Valley Harriers	116	0:48:12	6420	William Mycroft	Cambridge and Coleridge AC
17	0:45:33	7344	Joe Wilkinson	Lincoln Wellington AC	117	0:48:12	7023	Rob Wilson	Highgate Harriers
18	0:45:37	8055	Liam Dee	Shaftesbury Barnet Harriers	118	0:48:13	6436	Joseph Gray	Cambridge University Hare and
19	0:45:51	7530	Daniel Haworth	Matlock AC	119	0:48:14	7641	David Green	North Shields Polytechnic Clu
20	0:45:51	6009	Richard Allen	Aldershot Farnham and Distri	120	0:48:21	6267	James Habergham	Blackheath And Bromley Harri
21	0:45:55	8153	Thomas Frith	Southend On Sea AC	121	0:48:22	6858	Aidan Smith	Hallamshire Harriers Sheffield
22	0:45:56	6217	Kadar Omar Abdullahi	Birchfield Harriers	122	0:48:23	7550	Greg Jayasuriya	Middlesbrough and Cleveland
23	0:45:56	6253	Robert Warner	Blackburn Harriers and AC	123	0:48:25	6359	Josh Moody	Bristol and West AC
24	0:45:58	8423	Ben Cole	Tonbridge AC	124	0:48:27	8148	Sam Costley	Southampton AC
25	0:46:01	6410	Tim Harrison	Cambridge and Coleridge AC	125	0:48:28	7809	Alex Sutton	Reading AC
26	0:46:03	6112	Jack Goodwin	Bedford and County AC	126	0:48:28	8329	Josh Carr	Thames Hare and Hounds
27	0:46:04	6016	Ellis Cross	Aldershot Farnham and Distri	127	0:48:32	6951	Frederick Slemeck	Hercules Wimbledon AC
28	0:46:06	7353	Daniel Cliffe	Liverpool Harriers and AC	128	0:48:33	7183	Cedric Hauben	Kent AC
29	0:46:08	6261	Charlie Davis	Blackheath And Bromley Harr	129	0:48:35	6347	William Christofi	Bristol and West AC
30	0:46:11	6425	Joe Smith	Cambridge and Coleridge AC	130	0:48:35	6917	Joe Rainsford	Heanor RC
31	0:46:15	6405	Jonathan Escalante-Phillips	Cambridge and Coleridge AC	131	0:48:36	7001	Terence Fawden	Highgate Harriers
32	0:46:17	8445	Kieran Reilly	Tonbridge AC	132	0:48:39	8455	Miles Weatherseed	Tonbridge AC
33	0:46:19	6354	Peter Legrice	Bristol and West AC	133	0:48:40	8431	Jamie Goodge	Tonbridge AC
34	0:46:24	7542	Robert Meyer	Medway And Maidstone AC	134	0:48:41	8346	Patrick Roddy	Thames Hare and Hounds
35	0:46:25	8691	Edward Shepherd	Woodford Green AC with Ess	135	0:48:42	7912	Lee Gratton	Rugeley Runners
36	0:46:26	7308	Joshua Woodcock-Shaw	Leeds City AC	136	0:48:44	8336	James Hoad	Thames Hare and Hounds
37	0:46:27	7880	Joseph Massingham	Rotherham Harriers And AC	137	0:48:44	6237	Alexander Tovey	Birchfield Harriers
38	0:46:28	7497	Leopoldo Burguete	Marshall Milton Keynes AC	138	0:48:46	6555	Matthew Battley	Coventry Godiva Harriers
39	0:46:32	6255	Ross Braden	Blackheath And Bromley Harr	139	0:48:48	6341	James Turner	Brighton and Hove AC
40	0:46:32	8066	Jake Shelley	Shaftesbury Barnet Harriers	140	0:48:50	6067	Edward Knudsen	Avon Valley Runners
41	0:46:33	6460	Dominic James	Cheltenham and County Harr	141	0:48:53	7503	Paul Mizon	Bedford and County AC
42	0:46:34	7685	Freddie Hessian	Notts AC	142	0:48:56	8372	Oliver Newton	Thames Valley Harriers
43	0:46:39	8427	Ryan Driscoll	Tonbridge AC	143	0:48:57	7794	Ben Anderson	Ranelagh Harriers
44	0:46:41	6351	Callum Jones	Bristol and West AC	144	0:48:58	6618	Jonathan Gilby	Derby AC
45	0:46:42	7014	Roger Poolman	Highgate Harriers	145	0:49:00	7904	Duncan Beartwistle	Rugby and Northampton AC
46	0:46:43	8134	Gary Laybourne	South London Harriers	146	0:49:00	7619	Olivier Heaslip	Newham and Essex Beagles A
47	0:46:44	6203	Liam Aldridge	Billingham Marsh Hse H and /	147	0:49:02	8547	Greg Divall	Victoria Park Harriers And To
48	0:46:45	6990	Alex Bampton	Highgate Harriers	148	0:49:03	7020	Murray Strain	Highgate Harriers
49	0:46:48	7706	Alastair Watson	Notts AC	149	0:49:05	6356	Felix McGrath	Bristol and West AC
50	0:46:51	6528	Johnny Van Deventer	Clapham Chasers	150	0:49:05	6966	Carl Delaney	Herne Hill Harriers
51	0:46:51	6324	Matthew Seddon	Bracknell AC	151	0:49:05	7561	Charles Wheeler	Milton Keynes Distance Proje
52	0:46:51	7961	Philip Robertson	Sale Harriers Manchester	152	0:49:06	6223	Jonathan Bradford	Birchfield Harriers
53	0:46:52	6109	Darren Deed	Bedford and County AC	153	0:49:06	8687	Angus Holford	Woodford Green AC with Ess
54	0:46:53	6014	Gus Cockle	Aldershot Farnham and Distri	154	0:49:07	6856	Connor Milnes	Hallamshire Harriers Sheffield
55	0:46:53	7984	Chris Livesey	Salford Harriers and AC	155	0:49:07	7394	Charles Hardy	London Heathside
56	0:46:55	7623	Edgars Sumskis	Newham and Essex Beagles A	156	0:49:08	6107	Michael Channing	Bedford and County AC
57	0:46:58	7287	Matthew Grieve	Leeds City AC	157	0:49:09	6993	Peter Chambers	Highgate Harriers
58	0:46:59	8052	Thomas Butler	Shaftesbury Barnet Harriers	158	0:49:10	7574	Phillip Winkler	Morpeth Harriers and AC
59	0:47:01	8426	Corey De'Ath	Tonbridge AC	159	0:49:11	6851	John Birch	Hallamshire Harriers Sheffield
60	0:47:04	7016	Sean Renfer	Highgate Harriers	160	0:49:12	6408	Michael Gilbert	Cambridge and Coleridge AC
61	0:47:06	7275	Gordon Benson	Leeds City AC	161	0:49:13	8092	Matt Hall	Shaftesbury AC
62	0:47:08	7957	William Onek	Sale Harriers Manchester	162	0:49:15	6544	Andrew Ward	Clowne RR Club
63	0:47:09	6103	Benjamin Alcock	Bedford and County AC	163	0:49:19	8341	Eliot Nevill	Thames Hare and Hounds
64	0:47:12	6434	Joshua Cara	Cambridge University Hare and	164	0:49:22	8461	Jay Ferns	Trafford AC
65	0:47:13	7015	Christopher Rainsford	Highgate Harriers	165	0:49:22	8357	Hugo Cayssials	Thames Valley Harriers
66	0:47:14	6111	John Eves	Bedford and County AC	166	0:49:22	6357	Jarlath McKenna	Bristol and West AC
67	0:47:15	6335	William Cork	Brighton and Hove AC	167	0:49:23	8433	Alex Howard	Tonbridge AC
68	0:47:17	6337	Jamie Knapp	Brighton and Hove AC	168	0:49:24	7278	Jake Callis	Leeds City AC
69	0:47:18	7988	Elliot Palmer	Salford Harriers and AC	169	0:49:24	7750	Alex Hampson	Peterborough and Nene Valle
70	0:47:19	6363	Kurt Taylor	Bristol and West AC	170	0:49:25	8304	Aidan Daniel	Team Bath AC
71	0:47:20	6346	Andrew Chambers	Bristol and West AC	171	0:49:26	8201	Jon-jo Doherty	St Helens Sutton AC
72	0:47:20	7352	Richard Burney	Liverpool Harriers and AC	172	0:49:26	7734	Thomas Renshaw	Oxford University AC
73	0:47:22	6352	Owain Jones	Bristol and West AC	173	0:49:27	6011	Jack Boswell	Aldershot Farnham and Distri
74	0:47:24	8701	Tom Mahon	Wreake and Soar Valley	174	0:49:28	8464	Simon O'Meara	Trafford AC
75	0:47:25	6023	Luke Prior	Aldershot Farnham and Distri	175	0:49:29	6685	George Lewis	East Cheshire Harriers and Ta
76	0:47:25	6026	Philip Sewell	Aldershot Farnham and Distri	176	0:49:30	8342	Richard Ollington	Thames Hare and Hounds
77	0:47:26	8429	Luke Fisher	Tonbridge AC	177	0:49:32	6774	James Denne	Gloucester AC
78	0:47:26	7968	James Wignall	Sale Harriers Manchester	178	0:49:34	8649	Simon Millett	Windsor Slough Eton and Hou
79	0:47:27	8038	Callan Moody	Serpentine RC	179	0:49:38	8418	Dominic Brown	Tonbridge AC
80	0:47:29	8056	Dylan Evans	Shaftesbury Barnet Harriers	180	0:49:40	6225	Jonathan Goringe	Birchfield Harriers
81	0:47:31	7528	Billy Cartwright	Matlock AC	181	0:49:40	6439	Lawrence Hollom	Cambridge University Hare and
82	0:47:31	7559	Joe Morrow	Milton Keynes Distance Proje	182	0:49:42	8502	Joseph Read	University of Birmingham AC
83	0:47:33	6229	Sam Johnson	Birchfield Harriers	183	0:49:43	7508	Steve Tuttle	Marshall Milton Keynes AC
84	0:47:34	6989	Robel Bahelbi	Highgate Harriers	184	0:49:43	6426	Sullivan Smith	Cambridge and Coleridge AC
85	0:47:34	6403	Chris Darling	Cambridge and Coleridge AC	185	0:49:43	7080	Kai Sunman	Holmfirth Harriers AC
86	0:47:35	7541	Teweldebrhan Menges	Medway And Maidstone AC	186	0:49:44	8674	Jonny Morris	Wolverhampton and Bilston
87	0:47:35	7145	Alasdair Russell	Kendal Amateur AC	187	0:49:45	6597	Jack Eykelbosch	Dacorun and Tring AC
88	0:47:37	7005	Charlie Haywood	Highgate Harriers	188	0:49:46	8435	Alasdair Kinloch	Tonbridge AC
89	0:47:38	7951	Daniel Kashi	Sale Harriers Manchester	189	0:49:46	8451	Stephen Strange	Tonbridge AC
90	0:47:38	8420	Jamie Bryant	Tonbridge AC	190	0:49:47	8330	James Chettle	Thames Hare and Hounds
91	0:47:38	7896	Marcos Angel Valero Palacio	Roundhay Runners	191	0:49:47	8693	James Stockings	Woodford Green AC with Ess
92	0:47:39	6119	William MacKay	Bedford and County AC	192	0:49:48	7276	Mike Burrett	Leeds City AC
93	0:47:41	7166	James Allchin	Kent AC	193	0:49:50	8397	Peter Brookes	Tipton Harriers
94	0:47:41	8147	Max Costley	Southampton AC	194	0:49:52	7804	Luc Jolly	Reading AC
95	0:47:42	6943	Tom Jervis	Hercules Wimbledon AC	195	0:49:54	7044	Joshua Knight	Holland Sports AC
96	0:47:43	7933	Matthew Barnes	Sale Harriers Manchester	196	0:49:56	7507	James Tuttle	Marshall Milton Keynes AC
97	0:47:43	8428	Michael Ellis	Tonbridge AC	197	0:49:57	7595	Callum Oneill	Newbury AC
98	0:47:48	7076	Christopher Law	Holmfirth Harriers AC	198	0:49:59	6401	Duncan Coombs	Cambridge and Coleridge AC
99	0:47:49	7169	Russell Bentley	Kent AC	199	0:50:01	8328	Amittai Ben-Israel	Thames Hare and Hounds
100	0:47:50	6021	Rian McCawley	Aldershot Farnham and Distri	200	0:50:01	6441	Christopher Perrin	Cannock and Stafford AC

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
201	0:50:02	7580	Oliver Carrington	Newark AC	301	0:51:49	7392	Ewan Gault	London Heathside
202	0:50:02	6070	Michael Towler	Avon Valley Runners	302	0:51:49	6936	Steven Robinson	Helpston Harriers AC
203	0:50:04	7326	Jordan Clay	Leighton Buzzard AC	303	0:51:50	6120	William Mullins	Bedford and County AC
204	0:50:05	7535	Tom Collins	Medway And Maidstone AC	304	0:51:51	7196	George Russell	Kent AC
205	0:50:05	6855	Bertie Houghton	Hallamshire Harriers Sheffield	305	0:51:52	8438	Euan Nicholls	Tonbridge AC
206	0:50:05	7062	Oliver Matharu	Holme Pierrepont Rc	306	0:51:52	6266	Alex Gibbins	Blackheath And Bromley Harriers
207	0:50:05	8059	Thomas Kearns	Shaftesbury Barnet Harriers	307	0:51:54	7181	Christopher Greenwood	Kent AC
208	0:50:06	8496	Michael Hedley	Tyne Bridge Harriers	308	0:51:54	8505	Laurence Skidmore	University of Manchester Ath
209	0:50:09	6114	Richard Henderson	Bedford and County AC	309	0:51:55	8506	Ewan McLachlan	University of Nottingham AC
210	0:50:11	6455	David Fewell	Chelmsford AC	310	0:51:55	8306	James Donald	Team Bath AC
211	0:50:12	8684	Tom Beedell	Woodford Green AC with Essi	311	0:51:56	6360	Luke Roberts	Bristol and West AC
212	0:50:12	7959	Gareth Raven	Sale Harriers Manchester	312	0:51:57	8283	Nyle Clinton	Swindon Harriers
213	0:50:14	7812	Martin Turton	Reading AC	313	0:51:57	7995	Callum Rowlinson	Salford Harriers and AC
214	0:50:15	6895	Robert Warner	Havering AC	314	0:51:58	7782	Andrew McCarron	Queen's Park Harriers
215	0:50:16	6680	Gavin Browne	East Cheshire Harriers and Ta	315	0:51:58	8520	Stuart Doyle	Vale Royal AC
216	0:50:17	7570	Liam Roarty	Morpeth Harriers and AC	316	0:51:58	7631	Martin Dawson	North Derbyshire RC
217	0:50:20	6703	Stephen Jackson	Elvet Striders	317	0:51:59	7692	John Muddeman	Notts AC
218	0:50:22	6986	Andrew Warburton	Herne Hill Harriers	318	0:52:00	8453	James Taylor	Tonbridge AC
219	0:50:23	7967	Joseph Vis	Sale Harriers Manchester	319	0:52:02	7568	Andrew Lawrence	Morpeth Harriers and AC
220	0:50:23	8135	James Lyne	South London Harriers	320	0:52:06	6928	James McKenzie	Heaton Harriers and AC
221	0:50:25	7511	Samuel Winters	Marshall Milton Keynes AC	321	0:52:06	6513	Nicholas Dickinson	City of York AC
222	0:50:26	7791	Alexander Miell-Ingram	Radley AC	322	0:52:07	8702	Paul Miles	Wreake and Soar Valley
223	0:50:27	7539	Marley Godden	Medway And Maidstone AC	323	0:52:08	7878	Aidan Johnson	Rotherham Harriers And AC
224	0:50:28	8665	Ben Goddard	Woking AC	324	0:52:09	7455	Billy Hicks	Macclesfield Harriers and AC
225	0:50:29	6655	Alexander Cook	Durham City Harriers and AC	325	0:52:11	6482	Fraser MacDonald Oulds	Chorlton Runners
226	0:50:30	7683	Tim Hartley	Notts AC	326	0:52:11	8714	Kieran Gilfedder	Wycombe Phoenix Harriers a
227	0:50:32	8723	Robert Wright	Wycombe Phoenix Harriers a	327	0:52:12	6581	Harvey Speed	Coventry Godiva Harriers
228	0:50:35	8095	Charlie Rogers	Shrewsbury AC	328	0:52:13	6504	Sam Todd	City Of Norwich AC
229	0:50:36	8263	Steve Rankin	Sunderland Harriers and AC	329	0:52:14	7193	Neil Phillips	Kent AC
230	0:50:36	6429	Danny Kendall	Cambridge Harriers	330	0:52:14	6999	Darryl Davison	Highgate Harriers
231	0:50:37	6407	Tobias Fletcher	Cambridge and Coleridge AC	331	0:52:14	6838	Mateusz Sliwinski	Halesowen ACC
232	0:50:37	7280	Simon Deakin	Leeds City AC	332	0:52:15	8013	Will Kerr	Saltaire Striders
233	0:50:40	7360	Pablo Lassa	Liverpool Harriers and AC	333	0:52:15	8614	Alex Hamblin	Westbury Harriers
234	0:50:41	6044	David Norman	Altrincham and District AC Lir	334	0:52:15	7795	Graham Brook	Ranelagh Harriers
235	0:50:43	7285	Sean Flanagan	Leeds City AC	335	0:52:15	6934	Michael Moore	Helpston Harriers AC
236	0:50:43	7010	Jonathan Laybourn	Highgate Harriers	336	0:52:16	6269	Daniel Kennedy	Blackheath And Bromley Harri
237	0:50:43	8161	Andrew Kershaw	Southport Waterloo AC	337	0:52:16	7556	Michael Greener	Milton Keynes Distance Proje
238	0:50:45	7491	Stephen Garrett	Manx Harriers	338	0:52:17	8553	Simon Midwood	Wakefield District H and AC
239	0:50:45	6952	Joe Toomey	Hercules Wimbledon AC	339	0:52:18	6609	Wesley Tarn	Darlington H and AC
240	0:50:47	6456	Owen Thomas	Chelmsford AC	340	0:52:18	6240	Johnny Cullen	Birmingham Running Athletic
241	0:50:47	6516	George Phillips	City of York AC	341	0:52:19	8303	Joseph Chevalier	Team Bath AC
242	0:50:48	8282	Courtenay Chessell	Swindon Harriers	342	0:52:22	8709	Joe Branch	Wycombe Phoenix Harriers a
243	0:50:52	6950	Matthew Sharp	Hercules Wimbledon AC	343	0:52:23	8582	David O'Sullivan	Watford Joggers
244	0:50:53	8488	Daniel Watt	Tunbridge Wells Harriers	344	0:52:23	8228	James Rose	Steel City Striders Rc
245	0:50:54	7364	Andy Salmon	Liverpool Harriers and AC	345	0:52:26	8302	Joe Walton	Taunton AC
246	0:50:54	7705	Patrick Townsend	Notts AC	346	0:52:27	8281	Luke Byrne	Swindon Harriers
247	0:50:54	6992	Ash Chambers	Highgate Harriers	347	0:52:28	8307	Robert Eaton	Team Bath AC
248	0:50:55	6965	Jeff Cunningham	Herne Hill Harriers	348	0:52:29	8373	Calum Nicol	Thames Valley Harriers
249	0:50:55	7760	Jamie Grose	Poole AC	349	0:52:30	8026	James Oldfield	Sedgefield Harriers
250	0:50:56	6027	Bryn Smith	Aldershot Farnham and Distri	350	0:52:31	6896	Gavin Watts	Havering AC
251	0:50:57	6345	Graham Breen	Bristol and West AC	351	0:52:33	7262	Raymond Edgar	Lancaster and Morecambe At
252	0:50:57	7567	Alistair Douglass	Morpeth Harriers and AC	352	0:52:35	7158	Kevin Hope	Kenilworth Runners
253	0:50:57	6946	Edward Mallett	Hercules Wimbledon AC	353	0:52:35	6970	Joe Elliott	Herne Hill Harriers
254	0:50:59	7932	Sam Aspinwall	Sale Harriers Manchester	354	0:52:36	7955	Stephen McCarron	Sale Harriers Manchester
255	0:51:00	8643	Calum Upton	Winchester and District AC	355	0:52:36	6959	Eoin Brady	Herne Hill Harriers
256	0:51:02	7084	Ian Conroy	Horwich R M I Harriers	356	0:52:37	8340	James Meiklejohn	Thames Hare and Hounds
257	0:51:04	8728	Sam Sommerville	Yeovil Olympiads AC	357	0:52:37	6025	Dan Rickards	Aldershot Farnham and Distri
258	0:51:04	6501	James Senior	City Of Norwich AC	358	0:52:39	7465	Jordan Chambers	Maidstone Harriers
259	0:51:04	6168	Michael McCarthy	Belgrave Harriers	359	0:52:40	8152	Oliver Smith	Southampton AC
260	0:51:06	6580	Alistair Smith	Coventry Godiva Harriers	360	0:52:41	7191	Dave Morgan	Kent AC
261	0:51:08	7402	Peter Northall	London Heathside	361	0:52:41	8577	Sean Collum	Watford Joggers
262	0:51:10	6262	Tom Desborough	Blackheath And Bromley Harri	362	0:52:42	6960	Jack Brotchie	Herne Hill Harriers
263	0:51:10	7903	William Bowers	Royston Runners	363	0:52:43	6029	Tobias Smith	Aldershot Farnham and Distri
264	0:51:11	7362	Thomas Rogerson	Liverpool Harriers and AC	364	0:52:44	6326	Kurtis Swan	Braintree and District AC
265	0:51:11	6676	Christopher Hepworth	Ealing Southall and Middlesex	365	0:52:44	6854	Pete Hodges	Hallamshire Harriers Sheffield
266	0:51:11	8546	James Cordwell	Victoria Park Harriers And Ton	366	0:52:45	6497	Gary Crush	City Of Norwich AC
267	0:51:12	7077	Joe Law	Holmfirth Harriers AC	367	0:52:46	8074	David Millns	Sheffield RC
268	0:51:13	6967	Brandon Dewar	Herne Hill Harriers	368	0:52:48	6532	Daniel James	Cleethorpes AC
269	0:51:14	6644	George Phillips	Doncaster AC	369	0:52:49	7920	Marlon Dunkley	Rushcliffe AC
270	0:51:17	7369	James Whotton	Liverpool Harriers and AC	370	0:52:50	8646	Benjamin Findlay	Windsor Slough Eton and Hou
271	0:51:17	6110	Craig Emmerson	Bedford and County AC	371	0:52:50	7754	Dominic Watson	Peterborough and Nene Valle
272	0:51:18	8419	Stuart Brown	Tonbridge AC	372	0:52:51	8398	Jonathan Carter	Tipton Harriers
273	0:51:18	8652	Mark Vardy	Windsor Slough Eton and Hou	373	0:52:52	6519	Luke Davis	Clapham Chasers
274	0:51:18	7768	Simon Collins	Preston Harriers	374	0:52:53	7093	Jonny Evans	Houghton Harriers and AC
275	0:51:19	7680	Harry Foster	Notts AC	375	0:52:54	7265	Isaac Scott	Lancaster and Morecambe At
276	0:51:20	8049	Hugh Torry	Serpentine RC	376	0:52:55	7615	Wayne Bell	Newham and Essex Beagles /
277	0:51:20	7174	Dame Dibaba	Kent AC	377	0:52:57	6170	Alexander Miller	Belgrave Harriers
278	0:51:21	7273	Mohamed Abshir	Leeds City AC	378	0:52:57	7919	Steve Dickens	Rushcliffe AC
279	0:51:23	8681	Jamie Ward	Wolverhampton and Bilston	379	0:52:57	7748	Kirk Brawn	Peterborough and Nene Valle
280	0:51:24	6247	Darren Michael Purvis	Birtley AC	380	0:52:58	8327	James Bartram	Thames Hare and Hounds
281	0:51:25	7898	Shaun Evans	Royal Sutton Coldfield AC	381	0:52:59	7805	David Lewis	Reading AC
282	0:51:26	7318	David Robertson	Leicester Coritanian AC	382	0:52:59	7689	Steve Long	Notts AC
283	0:51:26	8154	Rhys Gillard	Southend On Sea AC	383	0:53:01	6994	Andres Chau	Highgate Harriers
284	0:51:27	8345	Ben Reynolds	Thames Hare and Hounds	384	0:53:02	8417	Daniel Bradley	Tonbridge AC
285	0:51:28	6022	Alex Pointon	Aldershot Farnham and Distri	385	0:53:04	8362	Matthew Douthwaite	Thames Valley Harriers
286	0:51:29	7188	Tim Lawrence	Ealing Southall and Middlesex	386	0:53:05	6288	Rhys Francis	Bolton United Harriers and Al
287	0:51:30	6437	Matthew Harris	Cambridge University Hare ar	387	0:53:07	6849	Nicholas Barber	Hallamshire Harriers Sheffield
288	0:51:30	6920	Kristian Watson	Heanor RC	388	0:53:08	6342	Peter Bains	Bristol and West AC
289	0:51:33	6801	Jonathan Palmer	Grantham RC	389	0:53:10	7301	Chris Smith	Leeds City AC
290	0:51:36	7189	Peter Lighting	Kent AC	390	0:53:12	7411	Ryan Haw	Long Eaton RC
291	0:51:42	6969	Jack Dickenson	Herne Hill Harriers	391	0:53:12	6578	Clark Roberts	Coventry Godiva Harriers
292	0:51:43	7316	Mark Powell	Leicester Coritanian AC	392	0:53:13	8309	Brian Glynn	Team Bath AC
293	0:51:44	8645	Sebastian Cirillo	Windsor Slough Eton and Hou	393	0:53:13	6962	Angus Butler	Herne Hill Harriers
294	0:51:45	8580	David Lawrence	Watford Joggers	394	0:53:14	8060	John Kourpas	Shaftesbury Barnet Harriers
295	0:51:45	7398	Francesco Melloni	London Heathside	395	0:53:15	6496	Sam Coyne	City Of Norwich AC
296	0:51:46	8550	Jonathan Scott	Victoria Park Harriers And Ton	396	0:53:15	6286	Robert Morris	Blyth RC
297	0:51:46	6451	Mark Couldwell	CharnwoodAC	397	0:53:15	6159	Arne Dumez	Belgrave Harriers
298	0:51:47	6012	Michael Boucher	Aldershot Farnham and Distri	398	0:53:16	8443	Dane Poore	Tonbridge AC
299	0:51:47	6402	Euan Cunningham	Cambridge and Coleridge AC	399	0:53:17	7092	Lee James Dover	Houghton Harriers and AC
300	0:51:48	7502	Graham Jones	Marshall Milton Keynes AC	400	0:53:18	6416	Rob Mahen	Cambridge and Coleridge AC

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
401	0:53:19	7018	David Shepherd	Highgate Harriers	501	0:54:40	8487	Andrew Howey	Tunbridge Wells Harriers
402	0:53:21	6527	David Taylor	Clapham Chasers	502	0:54:42	7192	Daniel Pettitt	Kent AC
403	0:53:21	7176	Ian Ellwood	Kent AC	503	0:54:43	8548	William Kirk	Victoria Park Harriers And To
404	0:53:24	8087	Kenneth Malton	Shelton Striders	504	0:54:43	7179	Calum Fraser	Kent AC
405	0:53:25	6389	Jason Brunnock	Buxton AC	505	0:54:44	6827	Peter Dear	Halesowen ACC
406	0:53:25	7975	Mark Collier	Salford Harriers and AC	506	0:54:45	6845	Josh Hall-Brown	Halifax Harriers and AC
407	0:53:27	6702	Georgie Hebdon	Elvet Striders	507	0:54:46	8465	Jeff Prest	Trafford AC
408	0:53:29	8656	John Heap	Wirral AC	508	0:54:46	7956	Ben McIntyre	Sale Harriers Manchester
409	0:53:31	7173	Barny Day	Kent AC	509	0:54:49	8683	Simon Beedell	Woodford Green AC with Ess
410	0:53:31	6621	Martin Kerr	Derby AC	510	0:54:50	8058	Oliver Greenstein	Shaftesbury Barnet Harriers
411	0:53:31	8638	Joseph Fenwick	Winchester and District AC	511	0:54:50	6599	Matt Hamilton	Dacorum and Tring AC
412	0:53:32	8159	Lee Taylor	Southend On Sea AC	512	0:54:51	7201	Thomas Thain	Kent AC
413	0:53:32	8636	George Belfield	Winchester and District AC	513	0:54:51	6491	James Thomas	Cirencester AC
414	0:53:33	6995	Tom Crowley	Highgate Harriers	514	0:54:52	7599	Matthew Basnett	Newcastle Staffs AC
415	0:53:35	6839	Richard White	Halesowen ACC	515	0:54:53	6779	Owen Parry	GloUCEster AC
416	0:53:36	6041	Dave Richardson	Alnwick Harriers	516	0:54:54	8036	Lyndon Marfell	Serpentine RC
417	0:53:37	7162	Ben Taylor	Kenilworth Runners	517	0:54:56	7305	Patrick Vis	Leeds City AC
418	0:53:37	6380	Tim Spencer	Bromsgrove and Redditch	518	0:54:57	7078	Jonny McLean	Holmfirth Harriers AC
419	0:53:37	6571	Campbell Menzies	Coventry Godiva Harriers	519	0:54:58	7249	Gary Polhill	Knowle and Dorridge RC
420	0:53:38	8507	Joseph Shuttleworth	University of Nottingham AC	520	0:55:00	8551	Craig Davidson	Wakefield District H and AC
421	0:53:39	7808	Edward Stockdale	Reading AC	521	0:55:01	8688	Kevin Murphy	Woodford Green AC with Ess
422	0:53:40	8695	Harold Wyber	Woodford Green AC with Ess	522	0:55:02	7264	Mark Leadbeatter	Lancaster and Morecambe At
423	0:53:40	8257	Christopher Jackson	Sunderland Harriers and AC	523	0:55:02	7973	Richard Brook	Salford Harriers and AC
424	0:53:41	7980	David Hudson	Salford Harriers and AC	524	0:55:03	6720	Paul Boddey	Eton Manor AC
425	0:53:41	8552	Benjamin Khan	Wakefield District H and AC	525	0:55:04	8045	Andrew Reeves	Serpentine RC
426	0:53:41	7876	Richard Harris	Rotherham Harriers And AC	526	0:55:07	8365	James Horrex	Thames Valley Harriers
427	0:53:42	6971	Andrew Grigg	Herne Hill Harriers	527	0:55:09	8242	Scott Williams	Stowmarket Striders RC
428	0:53:44	6072	Benjamin Boxer	Barnet and District AC	528	0:55:09	8143	Daniel Josephs	South Shields Harriers and AC
429	0:53:44	8692	Daniel William Steel	Woodford Green AC with Ess	529	0:55:09	6470	Oliver Bernstein	Chorton Runners
430	0:53:45	7317	Ludovic Renou	Leicester Coritanian AC	530	0:55:09	8424	Greg Cole	Tonbridge AC
431	0:53:46	6964	Simon Coombes	Herne Hill Harriers	531	0:55:10	7983	Philip Leybourne	Salford Harriers and AC
432	0:53:46	6891	Barry Smith	Havering AC	532	0:55:11	7130	Paul Wain	Ipswich Jaffa Rc
433	0:53:47	6958	Alan Barnes	Herne Hill Harriers	533	0:55:12	7105	Rod McKee	Huntingdonshire AC
434	0:53:47	7122	Daniel McKeown	Ilkley Harriers AC	534	0:55:12	6985	Oliver Walker	Herne Hill Harriers
435	0:53:48	6263	Rob Donohue	Blackheath And Bromley Harr	535	0:55:13	8238	Samuel Burdett	Stowmarket Striders RC
436	0:53:49	6287	Joseph Woods	Blyth RC	536	0:55:13	7086	Daniel Gilbert	Horwich R M I Harriers
437	0:53:50	6454	Peter Swaine	CharnwoodAC	537	0:55:14	6087	Geoffrey Beetham	Barrow Runners
438	0:53:50	6988	Russell Ashford	Highgate Harriers	538	0:55:15	6558	Andrew Boon	Coventry Godiva Harriers
439	0:53:52	8137	Gareth Parr	South London Harriers	539	0:55:15	7545	Barry Royden	Medway And Maidstone AC
440	0:53:54	8745	Gregan Clarkson	Kingston upon Hull AC	540	0:55:17	7596	Michael Robbins	Newbury AC
441	0:53:56	7609	Tim Sharman	Newcastle Staffs AC	541	0:55:18	7766	Matthew Brydon	Poplar RC
442	0:53:57	8386	Oliver Garner	The Stragglers RC	542	0:55:18	7164	Dewi Williams	Kenilworth Runners
443	0:53:59	6553	Luke Montgomery	Corby AC	543	0:55:20	6840	Andrew Yapp	Halesowen ACC
444	0:53:59	6540	John Sanderson	Clowne RR Club	544	0:55:20	7074	Clark Hind	Holmfirth Harriers AC
445	0:54:00	6935	Thomas Musson	Helpston Harriers AC	545	0:55:21	8196	Steven Anders	St Helens Sutton AC
446	0:54:01	7106	Simon Mead	Huntingdonshire AC	546	0:55:21	7534	Patrick Wright	Matlock AC
447	0:54:02	7211	Luke Myers	Kettering Town Harriers	547	0:55:22	6744	Ian McGilloway	Folkestone RC
448	0:54:02	6740	Stuart Spencer	Fitums and Friends	548	0:55:22	7945	Olivier Gaillemin	Sale Harriers Manchester
449	0:54:03	8290	Ben Lines	Swindon Harriers	549	0:55:23	6163	Ben Hurley	Belgrave Harriers
450	0:54:04	6929	Ian Robinson	Heaton Harriers and AC	550	0:55:23	7029	Will Fielding	Hillingdon AC
451	0:54:04	7167	Daniel Ansell	Kent AC	551	0:55:23	8008	Andy Brown	Saltaire Striders
452	0:54:06	7773	Colin Walker	Pudsey and Bramley AC	552	0:55:26	6180	Nathan Brickman	Belper Harriers
453	0:54:06	8635	Sam Appleton	Winchester and District AC	553	0:55:28	7393	Peter Gould	London Heathside
454	0:54:07	7938	Andrew Carlin	Sale Harriers Manchester	554	0:55:29	6533	Lukask Juerk	Cleethorpes AC
455	0:54:08	7907	Seb Palmer	Rugby and Northampton AC	555	0:55:30	6368	Mark Appleton	Bromsgrove and Redditch
456	0:54:09	6682	Timothy Greenald	East Cheshire Harriers and Ta	556	0:55:31	8556	Chris Snowball	Wakefield District H and AC
457	0:54:09	7659	Stuart Lumsden	Northbrook AC	557	0:55:33	6177	David Walsh	Belgrave Harriers
458	0:54:09	8223	Ben Jones	Steel City Striders Rc	558	0:55:33	8276	Daniel Bulbrook	Sutton Runners
459	0:54:10	6296	James Ashley	Bournville Harriers	559	0:55:33	6500	Jonathan Quint	City Of Norwich AC
460	0:54:10	7771	Wesley Wilkinson	Preston Harriers	560	0:55:35	8405	Robert Meredith	Tipton Harriers
461	0:54:10	6487	Gary Scott	Chorlton Runners	561	0:55:35	8096	Stephen Waters	Shrewsbury AC
462	0:54:12	7796	Peter Haarer	Ranelagh Harriers	562	0:55:36	7378	Simon Brown	London City AC
463	0:54:12	7941	Chris Donnelly	Sale Harriers Manchester	563	0:55:36	6656	Christopher Walker	Durham City Harriers and AC
464	0:54:12	7007	Danny Isaacs	Highgate Harriers	564	0:55:36	6997	Alex Davidson	Highgate Harriers
465	0:54:12	7117	Phil Sale	Ilkeston RC	565	0:55:37	8190	Edward Anders	St Albans Striders
466	0:54:14	6996	Michael Dan	Highgate Harriers	566	0:55:37	7000	Ross Dunsmore	Highgate Harriers
467	0:54:14	6601	Jamie Marlow	Dacorum and Tring AC	567	0:55:37	7438	Kevin Willsher	Lordshill RR
468	0:54:15	7657	Oliver Jones	Northbrook AC	568	0:55:37	6097	Ross Tyrrell	Beaumont RC
469	0:54:15	6623	Christopher Peach	Derby AC	569	0:55:38	7901	Barry Lloyd	Royal Sutton Coldfield AC
470	0:54:16	6169	Conall McNally	Belgrave Harriers	570	0:55:38	6716	Daniel Wolff	Epsom and Ewell Harriers
471	0:54:17	8270	David Cass	Sutton in Ashfield Harriers an	571	0:55:39	7509	Jeremy Vick	Marshall Milton Keynes AC
472	0:54:18	7286	Leon Foster	Leeds City AC	572	0:55:42	7091	Alex Docherty	Houghton Harriers and AC
473	0:54:18	7443	Stephen Magrath	Low Fell RC	573	0:55:42	8667	Gareth Briggs	Wolverhampton and Bilston
474	0:54:18	8699	Thomas Shaw	Worksop Harriers	574	0:55:43	7848	Luke Beresford	Ripley RC
475	0:54:21	7178	Cameron Forrest	Kent AC	575	0:55:47	6897	John Whitehead	Havering AC
476	0:54:22	8050	Paul Vriend	Serpentine RC	576	0:55:48	7551	Chris Rumsey	Middlesbrough and Clevelan
477	0:54:23	7271	Henry Morton	Leamington Cycling and AC	577	0:55:51	6885	Richard Darling	Hartlepool Burn Road Harrier
478	0:54:23	7198	Tomas Sloan	Kent AC	578	0:55:52	8619	Adam Stirik	Wharfedale Harriers
479	0:54:23	7390	Simon Dunderdale	London Heathside	579	0:55:52	6442	James Perrin	Cannock and Stafford AC
480	0:54:24	8291	Jason McGinley	Swindon Harriers	580	0:55:53	8305	Thomas Davies	Team Bath AC
481	0:54:24	7536	Jack Crossley	Medway And Maidstone AC	581	0:55:53	7870	Ben Burton	Rotherham Harriers And AC
482	0:54:25	6857	Sam Peters	Hallamshire Harriers Sheffield	582	0:55:55	8500	Andy Green	Tynedale Harriers and AC
483	0:54:25	8525	Jonathan Pownall	Valley Striders AC	583	0:55:57	7621	Liam O'Driscoll	Newham and Essex Beagles F
484	0:54:25	7746	Ben Taylor	Pensby Runners	584	0:55:58	6518	Martin Bell	Clapham Chasers
485	0:54:26	8581	Stephen Norris	Watford Joggers	585	0:55:58	7585	Geoffrey Gregory	Newark AC
486	0:54:26	7356	Ethan Dunn	Liverpool Harriers and AC	586	0:55:58	6961	Henry Brown	Herne Hill Harriers
487	0:54:27	7981	James Kovacs	Salford Harriers and AC	587	0:55:58	6725	James Hutchison	Eton Manor AC
488	0:54:27	7469	Andrew Hartley	Manchester Harriers and AC	588	0:55:59	8664	Joseph Bull	Woking AC
489	0:54:28	7088	Alastair Murray	Horwich R M I Harriers	589	0:55:59	8509	Sam Birch-Machin	University of Sheffield Union
490	0:54:29	7861	Robin Carter	Rolls Royce Harriers	590	0:56:00	7823	Ian Hales	Redhill RR
491	0:54:32	6717	Tom Stokes	Erewash Valley RC	591	0:56:00	8094	Jake Milovsorov	Shrewsbury AC
492	0:54:34	6714	Neil Henderson	Epsom and Ewell Harriers	592	0:56:01	6525	Gary Salmon	Clapham Chasers
493	0:54:34	6668	Jack Whitebury	Ealing Eagles RC	593	0:56:02	8338	Matthew Lynas	Thames Hare and Hounds
494	0:54:35	6032	Liam Harrold	Aldridge RC	594	0:56:05	7330	Thomas Inchley	Leighton Buzzard AC
495	0:54:35	8639	Marcus Green	Winchester and District AC	595	0:56:06	8660	Steve Spence	Wirral AC
496	0:54:35	7067	Anthony Squire	Holme Pierrepont Rc	596	0:56:07	6507	Adam O'Hara	City Of Portsmouth AC
497	0:54:36	8575	William Brotherston	Watford Joggers	597	0:56:08	6953	Robert Tuer	Hercules Wimbledon AC
498	0:54:37	7104	Darren Matthews	Huntingdonshire AC	598	0:56:08	6973	Richard Keeble	Herne Hill Harriers
499	0:54:39	7594	Philip Marshall	Newbury AC	599	0:56:09	8602	Dave Alexander	West Cheshire AC
500	0:54:40	6340	Morris Tarragano	Brighton and Hove AC	600	0:56:09	8713	Frank Fulcher	Wycombe Phoenix Harriers a

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
601	0:56:11	6559	Jason Brotherhood	Coventry Godiva Harriers	701	0:57:49	6755	Leo Gebbie	Fulham RC
602	0:56:12	8623	Jonathan Kearsley	Wigan and District H and AC	702	0:57:49	8064	Robert Rigby	Shaftesbury Barnet Harriers
603	0:56:14	7783	Sam Sutherland	Queen's Park Harriers	703	0:57:51	7553	Jorden Burke	Middleton Harriers AC
604	0:56:15	7970	Paul Bannister	Salford Harriers and AC	704	0:57:53	8613	Scott Campbell	Westbury Harriers
605	0:56:15	7529	Colin Davenport	Matlock AC	705	0:57:54	6158	William Cockerell	Belgrave Harriers
606	0:56:17	6071	Gordon Smith	Badgers	706	0:57:55	6355	Joseph Lyne	Bristol and West AC
607	0:56:19	8576	Jack Chubb	Watford Joggers	707	0:57:57	6954	Dan Booth	Hermitage Harriers
608	0:56:20	7041	Ben Harding	Hinckley RC	708	0:57:58	8025	Chris Lines	Sedgefield Harriers
609	0:56:24	7355	Daniel Corrigan	Liverpool Harriers and AC	709	0:57:58	6704	Michael Littlewood	Elvet Striders
610	0:56:25	7006	Alex Holley	Highgate Harriers	710	0:57:59	6552	Adam Eales	Corby AC
611	0:56:25	7586	Thomas Hubbard	Newark AC	711	0:58:02	6264	Josh Dowling	Blackheath And Bromley Harriers
612	0:56:27	6330	Tom Mullen	Bridlington RR	712	0:58:03	7069	Sam Williams-Duncan	Holme Pierrepont RC
613	0:56:28	7597	Ben Wickens	Newbury AC	713	0:58:03	6674	Mukhtar Farah	Ealing Southall and Middlesex
614	0:56:28	7978	Michael Heaney	Salford Harriers and AC	714	0:58:04	7405	Jake Spencer	London Heathside
615	0:56:28	7611	Andrew Walker	Newcastle Staffs AC	715	0:58:05	8215	Stephen Atkinson	Steel City Striders RC
616	0:56:30	7002	Dave Fowler	Highgate Harriers	716	0:58:05	6556	James Bennett	Coventry Godiva Harriers
617	0:56:31	7616	Jad El-Houssami	Newham and Essex Beagles A	717	0:58:07	7906	Nick Gower	Rugby and Northampton AC
618	0:56:32	6911	Jamie Fletcher	Heanor RC	718	0:58:08	8122	Michael Bracken	Solihull and Small Heath AC
619	0:56:34	7877	Philip Hoole	Rotherham Harriers And AC	719	0:58:09	8739	Toby Hone	York Knavesmire Harriers
620	0:56:35	6824	Kraig Wright	Guildford and Godalming AC	720	0:58:09	6829	James Hoult	Halesowen ACC
621	0:56:36	8042	Tim Powell	Serpentine RC	721	0:58:09	8570	Simon Lyon	Walsend Harriers and AC
622	0:56:37	7858	Richard Strzaker	Rochdale Harriers and AC	722	0:58:10	6299	Tom Bunn	Bournville Harriers
623	0:56:38	6639	Mariusz Felczerek	Doncaster AC	723	0:58:11	7100	Steven Church	Huntingdonshire AC
624	0:56:39	6483	Ben McCormack	Chorlton Runners	724	0:58:11	6005	Aric Klukowski	Abingdon AC
625	0:56:41	7636	Daniel Teasel	North Derbyshire RC	725	0:58:12	6191	Joel Paisley	Belper Harriers
626	0:56:41	7582	Damian Davies	Newark AC	726	0:58:14	6391	David Fryer-Winder	Buxton AC
627	0:56:42	7931	Mike Ashby	Sale Harriers Manchester	727	0:58:14	8278	Damien Hersey	Sutton Runners
628	0:56:42	7229	Kevin Doyle	Kimberworth Striders	728	0:58:15	6031	Robert Wakefield	Aldershot Farnham and District
629	0:56:43	6093	Philip Chritchlow	Beaumont RC	729	0:58:15	6241	Simon Lancham	Birmingham Running Athletic
630	0:56:43	8735	Gareth Green	York Knavesmire Harriers	730	0:58:17	7892	Steffen Kludt	Roundhay Runners
631	0:56:44	8204	David Twigg	St Helens Sutton AC	731	0:58:19	8497	David Moir	Tyne Bridge Harriers
632	0:56:46	8031	Drew Hoare	Serpentine RC	732	0:58:21	6844	Michael Gaughan	Halifax Harriers and AC
633	0:56:47	7031	Paul Leppard	Hillingdon AC	733	0:58:24	6640	Martin James	Doncaster AC
634	0:56:49	7232	Neil Grocutt	Kimberworth Striders	734	0:58:25	7175	Michael Duncan	Kent AC
635	0:56:51	8403	Dean Hill	Tipton Harriers	735	0:58:28	7470	Alex Masidlover	Manchester Harriers and AC
636	0:56:52	7854	Daniel Bennett	Rochdale Harriers and AC	736	0:58:30	7883	Ross Blackburn	Rothwell Harriers and AC
637	0:56:53	7144	Carl Hanagham	Kendal Amateur AC	737	0:58:32	6761	Andrew Stringer	Fulham RC
638	0:56:54	6915	Christopher Patterson	Heanor RC	738	0:58:32	8370	Andrew Mitchell	Thames Valley Harriers
639	0:56:54	6200	Simon Wells	Bexley AC	739	0:58:33	7368	Ryan Whiston	Liverpool Harriers and AC
640	0:56:56	7965	Tom Stephenson	Sale Harriers Manchester	740	0:58:33	6489	Daniel Vasey	Chorlton Runners
641	0:56:56	6604	Rhys Rowlands	Dacorum and Tring AC	741	0:58:35	7253	Torsten Roesler	Knowle and Dorridge RC
642	0:56:57	7928	Marc Scott	Rushcliffe AC	742	0:58:35	7747	Jay Belham	Peterborough and Nene Valley
643	0:56:57	7532	John Thorpe	Matlock AC	743	0:58:35	6374	Andrew Freeman	Bromsgrove and Redditch
644	0:56:57	6414	Brian Jr Kotelo	Cambridge and Coleridge AC	744	0:58:36	7115	Mark Outram	Ilkeston RC
645	0:56:58	7177	Jake English	Kent AC	745	0:58:36	8156	Alec Louis Kyriakides	Southend On Sea AC
646	0:56:59	7406	Paul Alcock	Long Eaton RC	746	0:58:37	7208	Rafal Buzuk	Kettering Town Harriers
647	0:57:00	7875	Chris Griffiths	Rotherham Harriers And AC	747	0:58:37	8311	Chris Milbourne	Team Bath AC
648	0:57:02	7902	Chris Taylor	Royal Sutton Coldfield AC	748	0:58:38	8271	Dean Cross	Sutton in Ashfield Harriers and AC
649	0:57:02	7389	Matt Collins	London Heathside	749	0:58:39	7311	Andrew Hart	Leicester Coritanian AC
650	0:57:04	8565	Ian-james Elder	Wallsend Harriers and AC	750	0:58:39	7964	Matthew Spragg	Sale Harriers Manchester
651	0:57:05	6828	Mark Hadley	Halesowen ACC	751	0:58:41	7966	Chris Tait	Sale Harriers Manchester
652	0:57:06	6164	Ben Ireland	Belgrave Harriers	752	0:58:42	7011	Adam Lennox	Highgate Harriers
653	0:57:06	6394	Christopher Rushworth	Buxton AC	753	0:58:42	7064	Chris Rhodes	Holme Pierrepont RC
654	0:57:07	8590	Andrew Harling	Wesham RR and AC	754	0:58:42	8011	Martin Fillingham	Saltaire Striders
655	0:57:08	7258	Nick Woolley	Knowle and Dorridge RC	755	0:58:42	8295	Matthew Woodward	Swindon Harriers
656	0:57:08	6754	Rory Freeman	Fulham RC	756	0:58:43	7516	Dean Clarke	Massey Ferguson RC
657	0:57:11	6689	Darren Smith	East Cheshire Harriers and Ta	757	0:58:45	8167	Richard Spear	Spa Striders
658	0:57:12	8501	Will Lloyd	Tynedale Harriers and AC	758	0:58:46	6069	Chris Suter	Avon Valley Runners
659	0:57:12	7661	Andrew McConville	Northbrook AC	759	0:58:46	6196	Lewis Holloway	Beverley AC
660	0:57:12	6818	Lee Lintern	Guildford and Godalming AC	760	0:58:48	6866	Tom Ranger	Harborough AC
661	0:57:13	7626	Oliver Daykin	Newmarket Joggers	761	0:58:50	6238	Ben Beaumont	Birmingham Running Athletic
662	0:57:14	6512	Giles Chalk	City of York AC	762	0:58:51	6712	Simon Bean	Epsom and Ewell Harriers
663	0:57:15	6546	Bryan Lomas	Congleton Harriers	763	0:58:51	7244	David Carbutt	Knowle and Dorridge RC
664	0:57:17	6331	Josh Taylor	Bridlington RR	764	0:58:52	7643	Sean Maley	North Shields Polytechnic Club
665	0:57:17	6697	Joseph Gunn	East London Runners	765	0:58:53	8077	James Thompson	Sheffield RC
666	0:57:18	6658	John Foxall	Ealing Eagles RC	766	0:58:53	7590	Simon Roberts	Newark AC
667	0:57:18	7972	Matthew Brocklehurst	Salford Harriers and AC	767	0:58:54	8726	David Houghton	Wyomondham AC
668	0:57:19	6369	Peter Ball	Bromsgrove and Redditch	768	0:58:54	6227	Rob Harris	Birchfield Harriers
669	0:57:19	7090	Marcus Taylor	Horwich R M I Harriers	769	0:58:55	7066	Andrew Soley	Holme Pierrepont RC
670	0:57:19	7148	Joe Todd	Kendal Amateur AC	770	0:58:58	6427	Paul Veitch	Cambridge and Coleridge AC
671	0:57:20	8000	Ben Farryell	Salford Metropolitan AC	771	0:58:58	8123	Adam Cole	Solihull and Small Heath AC
672	0:57:21	8544	Bob Templeman	Vegan Runners UK	772	0:59:01	8676	Garry Palmer	Wolverhampton and Bilston
673	0:57:21	6646	James Burrows	Dulwich Runners AC	773	0:59:02	6660	Jose Manuel Pabon	Ealing Eagles RC
674	0:57:22	7048	Richard Baldwin	Holme Pierrepont RC	774	0:59:02	8014	Iain Armstrong	Saltwell Harriers
675	0:57:22	7944	Tom Fordyce	Sale Harriers Manchester	775	0:59:03	6612	Daniel Jackson	Dartford Harriers AC
676	0:57:22	6647	Matthew Cooke	Dulwich Runners AC	776	0:59:04	7003	David Gilbert	Highgate Harriers
677	0:57:23	8245	Tim Hutchinson	Stratford Upon Avon AC	777	0:59:04	8168	Keith Wilson	Spa Striders
678	0:57:25	8332	Edmund Gazeley	Thames Hare and Hounds	778	0:59:04	7818	Mark Davis	Redhill RR
679	0:57:28	6521	Niall Gilchrist	Clapham Chasers	779	0:59:05	8724	Steven Flowers	Wye Valley Runners
680	0:57:28	7454	Robert Hasler	Macclesfield Harriers and AC	780	0:59:06	7943	Rob Fairbanks	Sale Harriers Manchester
681	0:57:29	7730	David Wilson	Orion Harriers	781	0:59:06	8020	Gary Crompton	Scunthorpe and District AC
682	0:57:29	6892	James Stewart	Havering AC	782	0:59:07	8089	Chris Wilshaw	Shelton Striders
683	0:57:30	7450	Allen Bunyan	Macclesfield Harriers and AC	783	0:59:08	8642	Andy Parkinson	Winchester and District AC
684	0:57:32	8670	Luke Carpenter	Wolverhampton and Bilston	784	0:59:09	8678	Richard Preston	Wolverhampton and Bilston
685	0:57:32	6957	Ian Murdey	Hermitage Harriers	785	0:59:10	8622	John Heyes	Wigan and District H and AC
686	0:57:32	7322	Phillip Williams	Leigh Harriers and AC	786	0:59:11	8657	Mark Hulmston	Wirral AC
687	0:57:34	8318	Dean Gapper	Telford AC	787	0:59:12	6265	Greg Firth	Blackheath And Bromley Harriers
688	0:57:36	7780	John Gilchrist	Queen's Park Harriers	788	0:59:13	7543	Alun Rodgers	Medway And Maidstone AC
689	0:57:38	6722	Simon Cottle	Eton Manor AC	789	0:59:14	8272	Darren Greasley	Sutton in Ashfield Harriers and AC
690	0:57:40	7348	Thomas Seller	Lingfield RC	790	0:59:16	7388	Joseph Clemoes	London Heathside
691	0:57:41	6271	Fintan Parkinson	Blackheath And Bromley Harriers	791	0:59:16	6940	Stuart Fraser	Hercules Wimbledon AC
692	0:57:41	6198	Stephen Walker	Beverley AC	792	0:59:17	7577	Timothy Bagguley	Newark AC
693	0:57:42	6492	Aaron Willis	Cirencester AC	793	0:59:18	8233	James Corden	Stockport Harriers and AC
694	0:57:43	8524	Gary Mann	Valley Striders AC	794	0:59:19	6038	Adam Smith	Aldridge RC
695	0:57:45	6730	Dylan Williams	Eton Manor AC	795	0:59:20	7248	Robert Mundy	Knowle and Dorridge RC
696	0:57:45	8289	Simon Jell	Swindon Harriers	796	0:59:20	8246	John Raby	Stratford Upon Avon AC
697	0:57:46	7755	Tom Wright	Peterborough and Nene Valley	797	0:59:20	8585	Henry Elston	Waverley Harriers
698	0:57:47	7583	Grant Davies	Newark AC	798	0:59:21	6916	Robert Plant	Heanor RC
699	0:57:47	7138	Jonathan Gilroy	Jarrow and Hebburn AC	799	0:59:22	8313	Benjamin Crane	Team Derby Runner
700	0:57:48	6998	Patrick Davis	Highgate Harriers	800	0:59:23	7603	Martyn Davies	Newcastle Staffs AC

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
801	0:59:26	6904	Richard Skilbeck	Headington RR	901	1:00:45	7606	Neil Gerrity	Newcastle Staffs AC
802	0:59:26	7424	Neil Catchlove	Lordshill RR	902	1:00:46	8069	Robert Addenbrooke	Sheffield RC
803	0:59:26	8736	Giles Hawking	York Knavesmire Harriers	903	1:00:46	8564	James Duthie	Wallsend Harriers and AC
804	0:59:27	6757	Andrew Han	Fulham RC	904	1:00:47	8442	Mark Pitcairn-Knowles	Tonbridge AC
805	0:59:27	8454	Joseph Watts	Tonbridge AC	905	1:00:48	7139	Ian Salkeld	Jarrow and Hebburn AC
806	0:59:30	6871	Steve Bowran	Harpenden Arrows	906	1:00:50	6698	Simon Allen	Elswick Harriers
807	0:59:32	6908	Lee D'Arcy	Heanor RC	907	1:00:50	7267	Craig Bower	Leamington Cycling and AC
808	0:59:32	7037	Dominic Speight	Hillingdon AC	908	1:00:52	7108	Carl Rooney	Huntingdonshire AC
809	0:59:33	6670	Sam Ashcroft	Ealing Southall and Middlese	909	1:00:55	6040	Alexander Crombie	Alnwick Harriers
810	0:59:34	7319	Allister Goulding	Leigh Harriers and AC	910	1:00:56	8018	Jim Thompson	Saltwell Harriers
811	0:59:37	8010	Stuart Dunbar	Saltaire Striders	911	1:00:57	8085	Matt Reed	Sheffield Tri Club
812	0:59:39	7055	Matthew Grainge	Holme Pierrepont Rc	912	1:00:59	7815	Benjamin Abbott	Redhill RR
813	0:59:40	7247	Daniel Malone	Knowle and Dorridge RC	913	1:01:00	6817	Kit Hawtin	Guildford and Godalming AC
814	0:59:41	8434	Jack Keyword	Tonbridge AC	914	1:01:00	7197	Khawaja Shahabuddin	Kent AC
815	0:59:42	8093	John Jones	Shrewsbury AC	915	1:01:01	7242	Paul Baker	Knowle and Dorridge RC
816	0:59:43	8680	Daniel Vaughan	Wolverhampton and Bilston	916	1:01:02	7377	William Bradley	London City AC
817	0:59:43	7028	Scott Farley	Hillingdon AC	917	1:01:02	6922	Lewis Whiting	Heanor RC
818	0:59:45	8612	Alistair Blackwood	Westbury Harriers	918	1:01:04	8654	Richard Bargh	Wirtual AC
819	0:59:45	7399	Paul Mercer	London Heathside	919	1:01:05	6568	Thomas Law	Coventry Godiva Harriers
820	0:59:46	7462	Alex Wright	Macclesfield Harriers and AC	920	1:01:07	7762	Colin Somers	Poole Runners
821	0:59:47	8659	Nestor Salazar Vallejo	Wirral AC	921	1:01:10	7070	Christopher Beadle	Holmfirth Harriers AC
822	0:59:48	6317	Jamie Ashton	Bracknell AC	922	1:01:11	6134	Joseph J Gallagher	Beeston AC
823	0:59:49	8023	Christopher Payne	Scunthorpe and District AC	923	1:01:11	8493	Tom Crossley	Tyne Bridge Harriers
824	0:59:49	8604	Andrew Clague	West Cheshire AC	924	1:01:13	6805	John Cox	Great Western Runners
825	0:59:49	7682	Sam Godwin	Notts AC	925	1:01:13	6449	Chris Fall	Chapel Allerton Runners
826	0:59:49	7911	Jonathan Taylor	Rugby and Northampton AC	926	1:01:15	7327	Nick Clay	Leighton Buzzard AC
827	0:59:50	7476	Roger Thomas	Manchester Tri Club	927	1:01:16	7985	Jack Luscombe	Salford Harriers and AC
828	0:59:50	8158	Matthew Randall	Southend On Sea AC	928	1:01:17	7255	James Taylor	Knowle and Dorridge RC
829	0:59:50	8286	Simon Dill	Swindon Harriers	929	1:01:18	8494	Matt Davison	Tyne Bridge Harriers
830	0:59:51	7926	Niall McNamara	Rushcliffe AC	930	1:01:20	8070	Aaron Francis	Sheffield RC
831	0:59:52	6707	Richard Hill	Ely Runners	931	1:01:21	6812	Robin Boon	Guildford and Godalming AC
832	0:59:52	6868	Daniel Taylor	Harborough AC	932	1:01:25	7537	Adam Featherstone	Medway And Maidstone AC
833	0:59:54	8264	Paul Redman	Sunderland Harriers and AC	933	1:01:25	6053	Andrew Noble	Ashford and District RRC
834	0:59:57	6963	Trevor Chilton	Herne Hill Harriers	934	1:01:26	8256	Darren Fletcher	Sunderland Harriers and AC
835	0:59:57	7927	Graham Moffatt	Rushcliffe AC	935	1:01:26	6143	Mike Kirk	Beeston AC
836	0:59:58	6138	Phil Herd	Beeston AC	936	1:01:27	8214	Ben Williams	Staffs Moorlands AC
837	0:59:59	7373	Kyle Nicholls	Liverpool Pembroke and Seft	937	1:01:27	7194	Christopher Quaid	Kent AC
838	0:59:59	7505	Stephen Ratcliffe	Marshall Milton Keynes AC	938	1:01:27	8080	Ben Wilkinson	Sheffield RC
839	0:59:59	7190	Arif Merali	Kent AC	939	1:01:28	6494	Ollie Watson	City of Hull AC
840	1:00:00	7126	Adam McKenna	Invicta East Kent AC	940	1:01:30	7161	Harry Purewal	Kenilworth Runners
841	1:00:01	7046	Mark Waldon	Holland Sports AC	941	1:01:31	8731	Danny Chan	York Knavesmire Harriers
842	1:00:03	6128	Tom Brunt	Beeston AC	942	1:01:32	7209	Edward Cannell	Kettering Town Harriers
843	1:00:04	6543	Peter Twigg	Clowne RR Club	943	1:01:32	8541	Dylan Rickerby	Vegan Runners UK
844	1:00:05	6833	Bill Nock	Halesowen ACC	944	1:01:32	7828	Martin Lee	Redhill RR
845	1:00:05	7200	Ron Taylor	Kent AC	945	1:01:33	6060	Michael Pearson	Askern District RC
846	1:00:06	6830	David Lewis	Halesowen ACC	946	1:01:34	8048	Ben Stanton	Serpentine RC
847	1:00:06	7671	Martin Horlock	Norwich RR	947	1:01:34	6841	Ryan Barker	Halifax Harriers and AC
848	1:00:07	7934	Paul Barrett	Sale Harriers Manchester	948	1:01:35	6906	Daniel Bladon	Heanor RC
849	1:00:07	7460	Brian Whitlock	Macclesfield Harriers and AC	949	1:01:35	7566	Jason Dawson	Morpeth Harriers and AC
850	1:00:08	8708	Stephen Gill	Wrekin RR	950	1:01:36	6750	Paul Barnes	Fulham RC
851	1:00:09	7814	Lance Nortcliff	Reading Roadrunners	951	1:01:37	7081	Jonathan Sykes	Holmfirth Harriers AC
852	1:00:09	7987	David Milliken	Salford Harriers and AC	952	1:01:38	7236	Nicholas Oram	Kings Heath RC - The Lions
853	1:00:09	8725	Peter Nugent	Wye Valley Runners	953	1:01:40	7415	Mark Lay	Long Eaton RC
854	1:00:10	7891	Richard Drake	Roundhay Runners	954	1:01:40	8644	David Vossler	Winchester and District AC
855	1:00:10	8132	David Fox	South London Harriers	955	1:01:41	7832	Simon Nash	Redhill RR
856	1:00:10	6789	Neil Ramsay	Gosforth Harriers and AC	956	1:01:41	6887	Martin Chester	Havering AC
857	1:00:11	8675	David Norman	Wolverhampton and Bilston	957	1:01:41	6713	Stuart Flack	Epsons and Ewell Harriers
858	1:00:11	6669	Akira Anzai-Jackson	Ealing Southall and Middlese	958	1:01:42	7284	Martin Farran	Leeds City AC
859	1:00:13	6148	David Nelson	Beeston AC	959	1:01:42	6759	Robert Poore	Fulham RC
860	1:00:14	6484	Paul Molloy	Chorlton Runners	960	1:01:42	7787	Craig Norman	Radcliffe AC
861	1:00:14	6822	Mark Tennyson	Guildford and Godalming AC	961	1:01:43	7395	Nick Haward	London Heathside
862	1:00:15	8051	Philip Whitehouse	Serpentine RC	962	1:01:43	8310	Tim Hill	Team Bath AC
863	1:00:17	6314	Jonathan Stanforth	Bournville Harriers	963	1:01:43	8361	Manuel Da Silva	Thames Valley Harriers
864	1:00:17	6125	Simon Barnes	Beeston AC	964	1:01:44	6762	Ben Thornton	Fulham RC
865	1:00:18	6976	Duane Matthews	Herne Hill Harriers	965	1:01:44	8369	James Malcolm	Thames Valley Harriers
866	1:00:19	6776	Steven Haines	Gloucester AC	966	1:01:45	8287	Edward Hall	Swindon Harriers
867	1:00:19	7433	Andrew Proctor	Lordshill RR	967	1:01:45	8626	Stuart Towns	Wigan and District H and AC
868	1:00:19	7116	James Read	Ilkeston RC	968	1:01:46	8677	Benjamin Pilsbury	Wolverhampton and Bilston
869	1:00:20	7475	Tim Johns	Manchester Tri Club	969	1:01:48	8349	Rory Spicer	Thames Hare and Hounds
870	1:00:21	7798	James Ritchie	Ranelagh Harriers	970	1:01:51	7669	Mark Garrett	Norwich RR
871	1:00:22	7324	Matthew Brooks	Leighton Buzzard AC	971	1:01:51	6648	Des Crinion	Dulwich Runners AC
872	1:00:22	8218	Richard Carter	Steel City Striders Rc	972	1:01:53	8269	Nick Burnside	Sutton in Ashfield Harriers an
873	1:00:23	6632	Oliver Meek	Derwent Runners (derby)	973	1:01:54	8421	Alan Buckle	Tonbridge AC
874	1:00:23	8039	Jonathan Moscrop	Serpentine RC	974	1:01:55	8460	Steve Weeks	Torbay AAC
875	1:00:23	6582	Mark Sykes	Coventry Godiva Harriers	975	1:01:56	6280	John Wright	Blackpool Wyre and Fylde AC
876	1:00:25	6894	Steve Walker	Havering AC	976	1:01:58	8067	James Trapmore	Shaftesbury Barnet Harriers
877	1:00:25	7256	Gregory Turner	Knowle and Dorridge RC	977	1:01:58	7650	Rory Anderson	Northbrook AC
878	1:00:25	8432	Tom Holden	Tonbridge AC	978	1:01:59	7315	David Pearce	Leicester Coritanian AC
879	1:00:26	8430	Simon Fraser	Tonbridge AC	979	1:02:00	6672	Robert Brown	Ealing Southall and Middlese:
880	1:00:26	7195	Leonard Reilly	Kent AC	980	1:02:00	8572	Colin Russell	Wallsend Harriers and AC
881	1:00:27	7724	Daniel Timperley	Oldham and Royton H and AC	981	1:02:02	6659	Thomas Irving	Ealing Eagles RC
882	1:00:28	7045	Aziouz Lammali	Holland Sports AC	982	1:02:02	6886	Gary Atkins	Havering AC
883	1:00:28	6377	Kevin Lanckham	Bromsgrove and Redditch	983	1:02:03	8012	Steven Fowler	Saltaire Striders
884	1:00:29	8482	Nigel Bunn	Tring RC	984	1:02:04	8637	Robert Carter	Winchester and District AC
885	1:00:30	7610	Jerome Stevens	Newcastle Staffs AC	985	1:02:04	8178	Mark Pearce	Sparkhill Harriers
886	1:00:30	8262	Graeme Pullan	Sunderland Harriers and AC	986	1:02:10	6975	Ben Lidgard	Herne Hill Harriers
887	1:00:30	6057	Duncan Marlow	Askern District RC	987	1:02:11	6708	Stephen Howard	Ely Runners
888	1:00:31	8533	Daniel Harker	Vegan Runners UK	988	1:02:13	6054	Thomas Preece	Ashford and District RRC
889	1:00:33	8586	Jeff Lucas	Werrington Joggers	989	1:02:14	6185	Tim Holling	Belper Harriers
890	1:00:34	7085	Chris Essex-Crosby	Horwich R M I Harriers	990	1:02:15	8698	Marcin Kus	Worshop Harriers
891	1:00:35	6809	Wride Jack	Great Western Runners	991	1:02:17	7416	Paul Lewis	Long Eaton RC
892	1:00:36	8621	Mike Harris	Wigan and District H and AC	992	1:02:17	8084	Pete Osborne	Sheffield Tri Club
893	1:00:37	7560	Louis Rawlings	Milton Keynes Distance Proje	993	1:02:18	6466	Jim Garland	Chichester Runners and AC
894	1:00:38	6274	Jonathan Vintner	Blackheath And Bromley Harr	994	1:02:22	6186	David Horton	Belper Harriers
895	1:00:38	6859	Robert Wapshott	Hallamshire Harriers Sheffield	995	1:02:23	6865	Dan Perrin	Harborough AC
896	1:00:39	6835	Christopher Royal	Halesowen ACC	996	1:02:24	6903	Neil Pinnell	Headington RR
897	1:00:39	8213	Isaac Elkington	Staffs Moorlands AC	997	1:02:26	7913	Robert Humphries	Rugeley Runners
898	1:00:40	7649	Paul McGough	New York Moors AC	998	1:02:26	6804	Matthew Williamson	Grantham RC
899	1:00:42	7021	Rob Walker	Highgate Harriers	999	1:02:28	8609	Benjamin Collison	West Norfolk AC
900	1:00:43	7412	Richard Howe	Long Eaton RC	1000	1:02:28	7490	Andrew Fox	Manx Harriers

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1001	1:02:29	7905	Vincent Carroll	Rugby and Northampton AC	1101	1:04:11	6683	James Hartshorne	East Cheshire Harriers and Ta
1002	1:02:32	8091	Kevin Francis	Shrewsbury AC	1102	1:04:12	7237	Michael Tomkins	Kings Heath RC - The Lions
1003	1:02:32	8273	Nicholas Luke	Sutton In Ashfield Harriers an	1103	1:04:13	7231	Gavin Edley	Kimberworth Striders
1004	1:02:32	6515	Ed Mezzetti	City of York AC	1104	1:04:13	8746	Colin Bailey	Kenilworth Runners
1005	1:02:33	6979	Keith Newton	Herne Hill Harriers	1105	1:04:13	6517	Michael Raynes	City of York AC
1006	1:02:33	7427	Alan Graham	Lordshill RR	1106	1:04:14	6846	Michael King	Hilifax Harriers and AC
1007	1:02:33	8239	Tim Larke	Stowmarket Striders RC	1107	1:04:15	8180	Paul Webster	Sparkhill Harriers
1008	1:02:34	7436	Mark West	Lordshill RR	1108	1:04:17	7341	Sam Shuttleworth	Lincoln Wellington AC
1009	1:02:34	7137	Nick Rowles	Ivanhoe Runners	1109	1:04:17	8663	Leo Cole	Witham Rc
1010	1:02:35	6721	David Cato	Eton Manor AC	1110	1:04:18	6729	Graham White	Eton Manor AC
1011	1:02:36	6864	Jamie McAllister	Harborough AC	1111	1:04:18	7918	Morgan Alexander	Rushcliffe AC
1012	1:02:37	6037	Mark Shaw	Aldridge RC	1112	1:04:19	6068	Tim Lowrie	Avon Valley Runners
1013	1:02:38	7345	Justin Williams	Lincoln Wellington AC	1113	1:04:19	8188	Paul Broome	Springfield Striders RC
1014	1:02:38	8476	Ian Heath	Trentham RC	1114	1:04:20	7061	David Laws	Holme Pierrepont Rc
1015	1:02:39	6912	Carl Hughes	Heanor RC	1115	1:04:21	8163	Richard Talbot	Southport Waterloo AC
1016	1:02:41	7428	David Hunt	Lordshill RR	1116	1:04:23	7925	Danny McIntyre	Rushcliffe AC
1017	1:02:41	7386	Julian Williams	London Frontrunners	1117	1:04:23	6610	Kevin Wilson	Darlington H and AC
1018	1:02:41	7897	Alex Blackham	Royal Sutton Coldfield AC	1118	1:04:24	6825	Matthew Allen	Halesowen ACC
1019	1:02:43	8743	Richard Tarrega	York Knavesmire Harriers	1119	1:04:24	8203	Ian Roberts	St Helens Sutton AC
1020	1:02:43	6172	Robert Norville	Belgrave Harriers	1120	1:04:26	6144	Michael Lyons	Beeston AC
1021	1:02:43	8722	Scott Wixon-Nelson	Wycombe Phoenix Harriers a	1121	1:04:27	8387	Alastair Hall	The Stragglers RC
1022	1:02:44	6600	Ben Kenny	Dacorum and Tring AC	1122	1:04:28	6139	Tim Hills	Beeston AC
1023	1:02:48	7246	Darren John	Knowle and Dorridge RC	1123	1:04:29	7675	Paul Sullivan	Norwich RR
1024	1:02:49	6370	Scott Beverley	Bromsgrove and Redditch	1124	1:04:30	7737	Richard MacKie	Penistone Footpath Runners
1025	1:02:50	8017	Kevin Reynolds	Saltwell Harriers	1125	1:04:31	6285	Craig Harmon	Blyth RC
1026	1:02:50	7431	Mathew Pidgeon	Lordshill RR	1126	1:04:33	7727	Alex Elferink	Orion Harriers
1027	1:02:52	8294	Ian Spencer	Swindon Harriers	1127	1:04:34	6663	Kieran Santry	Ealing Eagles RC
1028	1:02:53	8099	James Darcy	Silson AC	1128	1:04:36	6832	Alex Morgan	Halesowen ACC
1029	1:02:54	8625	Stephen Nicholls	Wigan and District H and AC	1129	1:04:39	7332	Warren Rose	Leighton Buzzard AC
1030	1:02:57	7549	Keith Bindoff	Middlesbrough and Clevelanc	1130	1:04:39	8567	Adam Hamilton	Wallsend Harriers and AC
1031	1:02:59	7788	Chris Paxton	Radcliffe AC	1131	1:04:40	8390	Gareth Pritchard	The Stragglers RC
1032	1:02:59	6927	Peter Jobs	Heaton Harriers and AC	1132	1:04:41	7998	Luke Wordsworth	Salford Harriers and AC
1033	1:03:00	6376	Matthew Henney	Bromsgrove and Redditch	1133	1:04:43	8499	Lewis Balfour	Tynedale Harriers and AC
1034	1:03:01	7922	David Gandee	Rushcliffe AC	1134	1:04:44	7207	Ross Brown	Kettering Town Harriers
1035	1:03:01	7637	Tom Topham	North Derbyshire RC	1135	1:04:46	8120	Jonathan Harrison	Sleaford Striders AC
1036	1:03:03	8624	Mark Morgan-Hillam	Wigan and District H and AC	1136	1:04:48	8240	Richard Leeder	Stowmarket Striders RC
1037	1:03:05	6719	Ian Mant	Erme Valley Harriers	1137	1:04:49	8459	Anthony Raine	Torbay AAC
1038	1:03:06	7851	Matt Jones	Ripley RC	1138	1:04:49	6001	James Roden	Abbey Runners
1039	1:03:06	8250	Andy Perks	Striders Of Croydon	1139	1:04:50	7408	Richard Cliff	Long Eaton RC
1040	1:03:07	7770	Chris Wales	Preston Harriers	1140	1:04:51	6907	Ryan Blake	Heanor RC
1041	1:03:08	8737	Rory Henderson	York Knavesmire Harriers	1141	1:04:54	8402	Zabie Hassan	Tipton Harriers
1042	1:03:10	6651	Ross Rook	Dulwich Runners AC	1142	1:04:55	8003	Richard Knight	Salford Metropolitan AC
1043	1:03:11	6089	Rod McGowan	Barrow Runners	1143	1:04:56	7838	Michael Stephenson	Redhill RR
1044	1:03:12	8198	Chris Birkett	St Helens Sutton AC	1144	1:04:56	7645	Darren Peter Suleman	North Shields Polytechnic Clu
1045	1:03:12	6834	James Parker	Halesowen ACC	1145	1:04:56	8542	Sean Sackfield	Vegan Runners UK
1046	1:03:14	7665	Paul Robbins	Northbrook AC	1146	1:04:57	6743	Liam Cumber	Folkestone RC
1047	1:03:15	6150	Geoff Pennington	Beeston AC	1147	1:04:58	8241	Ross Wilcox	Stowmarket Striders RC
1048	1:03:15	6633	Matthew Parker	Derwent Runners (derby)	1148	1:04:58	7847	Liam Fletcher	Richmond and Zetland Harrie
1049	1:03:16	6902	Andy Phelps	Headington RR	1149	1:05:00	7533	Peter Wilmot	Matlock AC
1050	1:03:17	6419	Chris Molloy	Cambridge and Coleridge AC	1150	1:05:01	8462	Jacob Fletcher	Trafford AC
1051	1:03:17	8098	Matthew Wooden	Shrewsbury AC	1151	1:05:02	8009	Lee Casson	Saltaire Striders
1052	1:03:18	7764	Jim Windebank	Poole Runners	1152	1:05:03	7863	Jon Kinder	Rolls Royce Harriers
1053	1:03:19	8181	Ian Wilson	Spensborough and Dist AC	1153	1:05:05	7908	Nigel Roberts	Rugby and Northampton AC
1054	1:03:21	6051	Scott Lynch	Ashford and District RRC	1154	1:05:05	7225	Dave Taylor	Kimberley and District Strider
1055	1:03:21	7238	Chris Wall	Kings Heath RC - The Lions	1155	1:05:06	8101	Toby Heley	Silson AC
1056	1:03:22	6732	Gary Atkinson	Evenwood RR	1156	1:05:07	6063	Tom Edwards	Avon Valley Runners
1057	1:03:23	6399	John McCawley	Camberley and District AC	1157	1:05:10	7165	Nicholas Williams	Kenilworth Runners
1058	1:03:25	6214	David Potter	Bingley Harriers and AC	1158	1:05:12	7721	Chris Talbot	Nuneaton Harriers
1059	1:03:25	7230	Colin Earl	Kimberworth Striders	1159	1:05:12	8222	Chris Guy	Steel City Striders Rc
1060	1:03:26	8145	Miles Weston	South Shields Harriers and AC	1160	1:05:12	7842	Simon Foster	Retford AC
1061	1:03:27	7555	Conrad Watson	Midland Masters AC	1161	1:05:15	6432	Graham Maynard	Cambridge Harriers
1062	1:03:27	8738	Darren Hendley	York Knavesmire Harriers	1162	1:05:16	7600	Andrew Brownsword	Newcastle Staffs AC
1063	1:03:29	6913	Liam Johnson	Heanor RC	1163	1:05:16	7776	Dunn Lee	Quays RC
1064	1:03:29	7221	Micheal Perry	Kimberley and District Strider	1164	1:05:17	8191	Colin Braybrook	St Albans Striders
1065	1:03:31	6273	Chris Tuck	Blackheath And Bromley Harr	1165	1:05:19	8140	Stuart Searle	South London Harriers
1066	1:03:31	7051	Steven Eatherington	Holme Pierrepont Rc	1166	1:05:19	6764	Douglas Wood	Fulham RC
1067	1:03:32	7578	Carl Braithwaite	Newark AC	1167	1:05:21	8197	John Appleton	St Helens Sutton AC
1068	1:03:33	7414	Ian Lambert	Long Eaton RC	1168	1:05:21	7243	Paul Bentley	Knowle and Dorridge RC
1069	1:03:34	7598	Martin Bailey	Newcastle Staffs AC	1169	1:05:26	6035	O'Rouke Mark	Aldridge RC
1070	1:03:34	6638	Adam Cotterill	Doncaster AC	1170	1:05:27	7655	Matthew Hathrell	Northbrook AC
1071	1:03:35	8574	Daniel Newman	Warrington AC	1171	1:05:27	8088	Richard Tissington	Shelton Striders
1072	1:03:36	7426	Graham Evans	Lordshill RR	1172	1:05:28	6375	Dean Hartshorne	Bromsgrove and Redditch
1073	1:03:39	7923	Paul Hendrick	Rushcliffe AC	1173	1:05:31	8662	Nick Wilson	Wirral AC
1074	1:03:40	8249	Seth Turner	Stratford Upon Avon AC	1174	1:05:32	7120	Stephen Coy	Ilkley Harriers AC
1075	1:03:41	8416	Tobin Bird	Tonbridge AC	1175	1:05:33	6298	Stewart Bond	Bournville Harriers
1076	1:03:42	8697	Bryan Cherry	Worksop Harriers	1176	1:05:34	6782	Stephen Boddy	Gosforth Harriers and AC
1077	1:03:42	6931	Les Smith	Heaton Harriers and AC	1177	1:05:34	7885	Hadrian Knight	Rothwell Harriers and AC
1078	1:03:43	8280	Simon Thornhill	Sutton Runners	1178	1:05:34	7666	Craig Slyde	Northbrook AC
1079	1:03:44	7678	Michael Benford	Notts AC	1179	1:05:34	6630	Chris Ingram	Derwent Runners (derby)
1080	1:03:45	8243	Malcolm Bowyer	Stratford Upon Avon AC	1180	1:05:35	8007	Daniel Sate	Salford Metropolitan AC
1081	1:03:48	7833	Paul Newton	Redhill RR	1181	1:05:35	6593	John Millington	Croydon Harriers
1082	1:03:49	8104	Jason Ball	Sinfin RC	1182	1:05:35	7890	Chris Cobb	Roundhay Runners
1083	1:03:50	8121	Daniel Allen	Solihull and Small Heath AC	1183	1:05:36	7259	Tadie Abeki	Knowsley Harriers
1084	1:03:50	6565	Peter Eccleston	Coventry Godiva Harriers	1184	1:05:37	6836	Philip Scarr	Halesowen ACC
1085	1:03:53	8603	Andrew Carter	West Cheshire AC	1185	1:05:39	7813	Ian Giggs	Reading Roadrunners
1086	1:03:54	7716	Andrew Massey	Nuneaton Harriers	1186	1:05:39	6301	Adrian Fowler	Bournville Harriers
1087	1:03:54	7079	Damian McQueen	Holmfirth Harriers AC	1187	1:05:39	6577	Rob Richardson	Coventry Godiva Harriers
1088	1:03:55	6052	Adrian Moody	Ashford and District RRC	1188	1:05:41	6502	Mark Solway	City Of Norwich AC
1089	1:03:56	6064	Paul Green	Avon Valley Runners	1189	1:05:42	8489	Alasdair Blain	Tyne Bridge Harriers
1090	1:03:57	6183	Edward Godber	Belper Harriers	1190	1:05:44	8747	James Bryson	Chorlton Runners
1091	1:03:58	7608	Jonathan Ranford	Newcastle Staffs AC	1191	1:05:46	7681	Martyn Gibbons	Notts AC
1092	1:04:00	6459	Matthew Evans	Cheltenham and County Harr	1192	1:05:46	6883	James Strutt	Harrigate Harriers and AC
1093	1:04:00	6664	Bernard Sexton	Ealing Eagles RC	1193	1:05:47	6662	Matt Powell	Ealing Eagles RC
1094	1:04:01	6747	Mark Jacobs	Formula One Circuit Crew	1194	1:05:47	7866	James Ward	Rolls Royce Harriers
1095	1:04:02	8617	Nils Linstrom	Wetherby Runners AC	1195	1:05:49	6787	Martin John Lloyd	Gosforth Harriers and AC
1096	1:04:02	7333	James Bailey	Leven Valley AC	1196	1:05:50	7220	Dale Mellor	Kimberley and District Strider
1097	1:04:04	6395	David Soles	Buxton AC	1197	1:05:52	8436	Ross Kinloch	Tonbridge AC
1098	1:04:05	6465	Michael Waring	Chester Tri Club	1198	1:05:53	8393	Andrew Acha	Tipton Harriers
1099	1:04:09	7792	George Butler	Ramsbottom RC	1199	1:05:54	7391	Gavin Evans	London Heathside
1100	1:04:09	6627	Nikhil Alexander	Derwent Runners (derby)	1200	1:05:55	7592	David Cross	Newark Striders RC

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1201	1:05:56	8186	Craig Robinson	Sphinx AC	1301	1:07:43	7257	Phil Wood	Knowle and Dorridge RC
1202	1:05:57	7910	John Saw	Rugby and Northampton AC	1302	1:07:46	8199	Matt Blake	St Helens Sutton AC
1203	1:05:58	6154	Peter S Wallis	Beeston AC	1303	1:07:46	6949	Ben Revill	Hercules Wimbledon AC
1204	1:05:58	7736	Richard Wright	PACTRAC	1304	1:07:48	7019	Richard Stewart	Highgate Harriers
1205	1:05:59	7022	Mark Watson	Highgate Harriers	1305	1:07:49	7817	Paul Davies	Redhill RR
1206	1:05:59	6586	Neil Aikman	Croydon Harriers	1306	1:07:50	7375	Chris Pedder	Liverpool Pembroke and Sefto
1207	1:06:01	8111	Graeme Humpston	Sinfin RC	1307	1:07:50	7700	Colin Smith McGloin	Notts AC
1208	1:06:01	6728	Robert Sommerville	Eton Manor AC	1308	1:07:52	7266	Allan Sumner	Lancaster and Morecambe At
1209	1:06:01	6746	Paul Griffiths	Formula One Circuit Crew	1309	1:07:53	7321	David Pollitt	Leigh Harriers and AC
1210	1:06:02	7588	Gareth Owens	Newark AC	1310	1:07:53	6731	Jeremy Williams	Eton Manor AC
1211	1:06:03	8016	John Clarke	Saltwell Harriers	1311	1:07:54	8539	Gareth Morris	Vegan Runners UK
1212	1:06:03	7696	David Oxland	Notts AC	1312	1:07:56	7471	Neil Ryan	Manchester Harriers and AC
1213	1:06:04	6826	Andrew Carruthers	Halesowen ACC	1313	1:08:00	7272	Steven Roberts	Leamington Cycling and AC
1214	1:06:04	7722	Mark Treadwell	Nuneaton Harriers	1314	1:08:05	6666	Simon Stannard	Ealing Eagles RC
1215	1:06:05	7714	Chris Hamer-Hodges	Nuneaton Harriers	1315	1:08:07	8127	Paul Lloyd	Solihull and Small Heath AC
1216	1:06:06	8437	Russell McIntyre	Tonbridge AC	1316	1:08:08	6480	Justin Hayes	Chorton Runners
1217	1:06:07	6205	Michael Quinn	Billingham Marsh Hse H and J	1317	1:08:09	6258	Richard Byford	Blackheath And Bromley Harri
1218	1:06:09	7662	Martin McHugh	Northbrook AC	1318	1:08:09	8231	Ian Stinson	Steel City Striders Rc
1219	1:06:10	8217	Nick Burns	Steel City Striders Rc	1319	1:08:10	7218	Stephen Haskard	Kimberley and District Strider
1220	1:06:14	8126	Steven Howes	Solihull and Small Heath AC	1320	1:08:11	8414	Myles Wilson	Tipton Harriers
1221	1:06:16	8230	Kevin Sibley	Steel City Striders Rc	1321	1:08:12	6800	Gav Meadows	Grantham RC
1222	1:06:16	6939	Malcolm Davies	Hercules Wimbledon AC	1322	1:08:13	8472	Mark Espley	Trentham RC
1223	1:06:19	6153	Harry Taylor	Beeston AC	1323	1:08:14	6956	Andrew Lindley	Hermitage Harriers
1224	1:06:19	7421	Simon Crook	Longwood Harriers AC	1324	1:08:17	7147	Adam Taylor	Kendal Amateur AC
1225	1:06:20	6100	Andrew Harvey	Beccles and Bungay Harriers	1325	1:08:18	6490	Dorian Matts	Cirencester AC
1226	1:06:21	7163	Stewart Underhill	Knillworth Runners	1326	1:08:19	8108	Brendan Devlin	Sinfin RC
1227	1:06:23	6146	Mihail Mihaylov	Beeston AC	1327	1:08:19	6523	Sam Robinson	Clapham Chasers
1228	1:06:23	8216	Andy Buck	Steel City Striders Rc	1328	1:08:23	7446	Gavin John Thompson	Low Fell RC
1229	1:06:24	8297	Steven Doxey	Swinton RC	1329	1:08:25	6925	David Gilmore	Heaton Harriers and AC
1230	1:06:27	7102	Derek Darnell	Huntingdonshire AC	1330	1:08:27	7435	Benjamin Tavendale	Lordshill RR
1231	1:06:28	8733	Pete Downes	York Knavesmire Harriers	1331	1:08:27	7836	Tony Shenton	Redhill RR
1232	1:06:29	8174	Simon Hodges	Sparkhill Harriers	1332	1:08:28	7017	James Rossiter	Highgate Harriers
1233	1:06:30	8314	Mark Ison	Team Derby Runner	1333	1:08:28	7835	Timothy Raynor	Redhill RR
1234	1:06:31	7886	John McCarthy	Rothwell Harriers and AC	1334	1:08:29	6096	Ian Parker	Beaumont RC
1235	1:06:32	6723	George Fernandez	Eton Manor AC	1335	1:08:30	6130	Richard Eadsforth	Beeston AC
1236	1:06:32	6884	Richard Willis	Harrogate Harriers and AC	1336	1:08:31	6537	Steven Hattersley	Clowne RR Club
1237	1:06:32	7050	Tom Davies	Holme Pierrepont Rc	1337	1:08:34	8608	Ben Milsom	West End Runners
1238	1:06:33	6592	Will Lyon Tupman	Croydon Harriers	1338	1:08:35	6562	Simon Clarke	Coventry Godiva Harriers
1239	1:06:34	6099	Kevin Waite	Beaumont RC	1339	1:08:35	6863	David MacLean	Harborough AC
1240	1:06:35	7653	Spencer Davies	Northbrook AC	1340	1:08:36	8404	Paul Lucas	Tipton Harriers
1241	1:06:36	7441	Ian Hayden	Low Fell RC	1341	1:08:37	8266	Dale Wilkinson	Sunderland Harriers and AC
1242	1:06:36	8530	Craig Barstow	Vegan Runners UK	1342	1:08:38	8469	Douglas Alcock	Trentham RC
1243	1:06:37	7204	Simon Neville	Keswick AC	1343	1:08:40	7884	Stephen Firth	Rothwell Harriers and AC
1244	1:06:38	7035	Gabriel Segall	Hillingdon AC	1344	1:08:42	7381	Neil Colquhoun	London Frontrunners
1245	1:06:39	6310	Tom Robinson	Bournville Harriers	1345	1:08:44	6443	Andy Phillips	Canterbury Harriers
1246	1:06:41	6775	David Gresswell	Gloucester AC	1346	1:08:49	7642	Graham Hall	North Shields Polytechnic Clu
1247	1:06:42	7486	Stuart Whysall	Mansfield Harriers	1347	1:08:50	6197	Andrew Johnson	Beverley AC
1248	1:06:42	7095	David Gribben	Houghton Harriers and AC	1348	1:08:56	8668	Leroy Brown	Wolverhampton and Bilston
1249	1:06:43	6889	Roy James	Havering AC	1349	1:08:58	6862	Garry Hodgkins	Harborough AC
1250	1:06:43	6701	Geoff Davis	Elvet Striders	1350	1:08:59	6126	Dave Bish	Beeston AC
1251	1:06:47	7042	Joseph Langham	Hinckley RC	1351	1:09:01	6083	Anthony Bissell	Barnsley Harriers
1252	1:06:47	7584	Adrian Dix	Newark AC	1352	1:09:02	7781	Sean Lightbown	Queen's Park Harriers
1253	1:06:49	7520	David Lee	Massey Ferguson RC	1353	1:09:03	7602	Mark Cotton	Newcastle Staffs AC
1254	1:06:50	8035	Alex Malzer	Serpentine RC	1354	1:09:04	7129	Stephen Hicks	Ipswich Harriers
1255	1:06:51	7449	Richard Applewhite	Macclesfield Harriers and AC	1355	1:09:06	6878	Simon Moffatt	Harrogate Harriers and AC
1256	1:06:52	6245	David Francis	Birtley AC	1356	1:09:07	8221	Martin Robert Greenough	Steel City Striders Rc
1257	1:06:53	7063	Will Meredith	Holme Pierrepont Rc	1357	1:09:08	6860	Peter Attenborough	Harborough AC
1258	1:06:55	6742	Paul Bartlett	Folkestone RC	1358	1:09:09	6222	Keith Boxley	Birchfield Harriers
1259	1:06:56	6726	Richard Parr	Eton Manor AC	1359	1:09:12	8279	Rahul Pandey	Sutton Runners
1260	1:06:58	6715	James Thomas	Epsom and Ewell Harriers	1360	1:09:15	6074	Andrew Cunningham	Barnet and District AC
1261	1:06:59	7738	Oliver Simon Pike	Penistone Footpath Runners	1361	1:09:15	6541	Malc Stapleton	Clowne RR Club
1262	1:06:59	6284	Joseph Dungworth	Blyth RC	1362	1:09:16	8207	Michael Dobson	Stafford Harriers
1263	1:07:00	6898	Angus Grant	Headington RR	1363	1:09:23	7853	Richard Garnett	Roadhogs Leicester AC
1264	1:07:02	7654	Tommy Dempsey	Northbrook AC	1364	1:09:26	8224	Stuart Jones	Steel City Striders Rc
1265	1:07:04	7385	Martin Oldham	London Frontrunners	1365	1:09:28	6919	Glenn Salkeld	Heanor RC
1266	1:07:05	7916	Barrie Day	Runnymede Runners	1366	1:09:28	6400	Ben Chamberlain	Cambridge and Coleridge AC
1267	1:07:05	8592	Steve Myerscough	Wesham RR and AC	1367	1:09:31	8671	Robert Edwards	Wolverhampton and Bilston
1268	1:07:07	8538	Ben Marshall	Vegan Runners UK	1368	1:09:32	6182	Ashley Flint	Belper Harriers
1269	1:07:08	6637	Lea Tatton	Desford Striders	1369	1:09:35	8549	Tim Miller	Victoria Park Harriers And To
1270	1:07:08	8389	Kevin Price	The Stragglers RC	1370	1:09:36	7418	Alan Maplethorpe	Long Eaton RC
1271	1:07:08	7241	Peter Austin	Knowle and Dorridge RC	1371	1:09:37	7432	Dean Powell	Lordshill RR
1272	1:07:09	6574	Jose Ortiz Gonzalez	Coventry Godiva Harriers	1372	1:09:37	8355	Shane Bloomer	Thames Valley Harriers
1273	1:07:10	8748	David Hill	Kimberley and District Strider	1373	1:09:39	7268	Paul Caruana	Leamington Cycling and AC
1274	1:07:12	7214	Darren Dodsley	Kimberley and District Strider	1374	1:09:39	6204	Calvin Nicholson	Billingham Marsh Hse H and J
1275	1:07:12	6090	David Swift-Rollinson	Barrow Runners	1375	1:09:42	7004	Nick Gold	Highgate Harriers
1276	1:07:13	6020	Andrew Hislop	Aldershot Farnham and Distri	1376	1:09:43	8483	Stuart Fogarty	Tring RC
1277	1:07:16	7234	Simon Brock	Kings Heath RC - The Lions	1377	1:09:47	6092	Terry Wegg	Basingstoke and Mid Hants A
1278	1:07:17	8655	Simon Fox	Wirral AC	1378	1:09:48	7049	Gary Cragg	Holme Pierrepont Rc
1279	1:07:19	6094	Tomasz Jarczyk	Beaumont RC	1379	1:09:49	7849	Danny Elliott	Ripley RC
1280	1:07:20	6135	Tasso Gazis	Beeston AC	1380	1:09:51	6591	Matthew Kiernan	Croydon Harriers
1281	1:07:21	6188	Andrew Naylor	Belper Harriers	1381	1:09:53	7472	Chris Stewart	Manchester Harriers and AC
1282	1:07:21	7824	Simon Holmes	Redhill RR	1382	1:09:53	6485	Nick Parrott	Chorton Runners
1283	1:07:22	7841	Christopher Ward	Redhill RR	1383	1:09:54	7819	Kevin Dickinson	Redhill RR
1284	1:07:23	7429	Matthew James Lovesey	Lordshill RR	1384	1:09:55	6645	Mark Webster	Doncaster AC
1285	1:07:23	7057	Joon Wee Ho	Holme Pierrepont Rc	1385	1:10:00	8001	Paul Gee	Salford Metropolitan AC
1286	1:07:24	7777	Philip Pennill	Quays RC	1386	1:10:02	6879	Nathan Smith	Harrogate Harriers and AC
1287	1:07:24	6983	Andrew Simms	Herne Hill Harriers	1387	1:10:03	8740	Ian Jenkinson	York Knavesmire Harriers
1288	1:07:25	8208	Daniel Findlay-Robinson	Stafford Harriers	1388	1:10:04	7068	Steve Tupholme	Holme Pierrepont Rc
1289	1:07:25	7233	Lee Weatherall	Kimberworth Striders	1389	1:10:07	8004	Girish Patel	Salford Metropolitan AC
1290	1:07:26	8571	Keith O'Donnell	Wallsend Harriers and AC	1390	1:10:07	7719	Andrew Offor	Nuneaton Harriers
1291	1:07:27	6899	John Griffiths	Headington RR	1391	1:10:11	6667	Phillip Turner	Ealing Eagles RC
1292	1:07:28	8669	Piers Butler	Wolverhampton and Bilston	1392	1:10:18	7816	Ian Beekingham	Redhill RR
1293	1:07:29	6039	Gordon Walker	Aldridge RC	1393	1:10:19	8315	Mark Shankland	Team Derby Runner
1294	1:07:30	8384	Simon Brazil	The Stragglers RC	1394	1:10:20	8718	Michael Taylor	Wycombe Phoenix Harriers a
1295	1:07:31	8484	Christopher Nicholls	Tring RC	1395	1:10:20	6216	Paul Spencer	Bingley Harriers and AC
1296	1:07:33	6926	Philip Green	Heaton Harriers and AC	1396	1:10:22	6724	Daniel Hall	Eton Manor AC
1297	1:07:34	7676	Graham Watering	Norwich RR	1397	1:10:24	7887	Marc Randall	Rothwell Harriers and AC
1298	1:07:37	7097	Shaun McGrath	Houghton Harriers and AC	1398	1:10:25	8131	John Foss	South London Harriers
1299	1:07:39	8562	Simon Charlton	Wallsend Harriers and AC	1399	1:10:25	7425	Chris Cook	Lordshill RR
1300	1:07:41	6910	Peter Edwards	Heanor RC	1400	1:10:26	7464	Daren Chambers	Maidstone Harriers

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1401	1:10:31	6867	Graeme Rolfe	Harborough AC	1501	1:14:04	7688	Steve Leek	Notts AC
1402	1:10:31	7646	Barry Young	North Shields Polytechnic Clu	1502	1:14:05	7924	Jonathan Maston	Rushcliffe AC
1403	1:10:32	6327	Simon Ellerker	Bridlington RR	1503	1:14:06	6206	Bill Belcher	Bingley Harriers and AC
1404	1:10:32	8079	Richard Ward	Sheffield RC	1504	1:14:07	6043	Graham Harrison	Altrincham and District AC Lir
1405	1:10:33	8385	Neil Carrington	The Stragglers RC	1505	1:14:08	6075	Peter Ellis	Barnet and District AC
1406	1:10:34	7468	Glen Gandy	Manchester Harriers and AC	1506	1:14:10	8247	Michael Sheppard	Stratford Upon Avon AC
1407	1:10:35	6642	Stuart Lindsay	Doncaster AC	1507	1:14:11	7065	Jim Smith	Holme Pierrepont Rc
1408	1:10:35	7711	Tim Woodthorpe	Notts AC	1508	1:14:12	6282	Michael Ashby	Blyth RC
1409	1:10:37	8457	Martyn Breslan	Torbay AAC	1509	1:14:14	8517	Alan Roberts	Vale Of Aylesbury AC
1410	1:10:40	8252	Tony Allinson	Sunderland Harriers and AC	1510	1:14:15	8117	James Spray	Sinfin RC
1411	1:10:40	6304	Ian MacKenzie	Bournville Harriers	1511	1:14:17	8485	Andrew Deighton	Tunbridge Wells Harriers
1412	1:10:42	8615	Mike Mewse	Westbury Harriers	1512	1:14:18	6210	David Jefferson	Bingley Harriers and AC
1413	1:10:48	7895	Jonathan Smith	Roundhay Runners	1513	1:14:18	6008	Joel Green	Action Heart Running and Wc
1414	1:10:52	7331	James Lowe	Leighton Buzzard AC	1514	1:14:21	7741	Robert Chalmers	Pensby Runners
1415	1:10:56	7226	Glen Weston	Kimberley and District Strider	1515	1:14:24	6733	Mark Pickett	Evenwood RR
1416	1:10:58	8456	Andrew Wood	Tonbridge AC	1516	1:14:26	7337	Simon Machin	Lincoln Wellington AC
1417	1:11:03	6870	Paddy Butler	Hardley Runners	1517	1:14:28	7099	Stefan Brakes	Huncote Harriers
1418	1:11:05	6709	Matthew Mason	Ely Runners	1518	1:14:33	6554	John Treacy	Corby AC
1419	1:11:07	7346	Ian Greenaway	Lingfield RC	1519	1:14:33	6319	Alistair Enser	Bracknell AC
1420	1:11:08	7223	Steve Robinson-Day	Kimberley and District Strider	1520	1:14:34	7056	Simon Higson	Holme Pierrepont Rc
1421	1:11:09	8468	Robin Tremaine	Trent Park RC	1521	1:14:34	6471	Tim Blackwell	Chorlton Runners
1422	1:11:10	7523	Peter Paprcka	Massey Ferguson RC	1522	1:14:35	7112	Richard Bower	Ilkeston RC
1423	1:11:12	6132	Morgan Field	Beeston AC	1523	1:14:38	7448	Michael Smith	Lymm Runners
1424	1:11:13	6617	Steven Sharp	Denby Dale AC	1524	1:14:39	7261	Chris Willis	Knowsley Harriers
1425	1:11:15	8184	David Gamez Morris	Sphinx AC	1525	1:14:42	6073	David Byrne	Barnet and District AC
1426	1:11:15	7484	Steve Marlow	Mansfield Harriers	1526	1:14:43	6098	Mehul Vaitha	Beaumont RC
1427	1:11:17	7384	Francis O'Callaghan	London Frontrunners	1527	1:14:43	7496	Jeremy Woodham	Marple Runners
1428	1:11:22	6338	Andrew Mitchelson	Brighton and Hove AC	1528	1:14:49	8175	Graham Hygate	Sparkhill Harriers
1429	1:11:23	8005	Mike Race	Salford Metropolitan AC	1529	1:14:50	8523	Dinesh Kaulgud	Valley Striders AC
1430	1:11:23	7410	Patrick Fitzgerald	Long Eaton RC	1530	1:14:50	6718	Stephen Wickham	Erewash Valley RC
1431	1:11:24	7778	Anoop Selvin	Quays RC	1531	1:14:52	7349	David Watkins	Lingfield RC
1432	1:11:25	7251	Stephen Ray	Knowle and Dorridge RC	1532	1:14:55	8317	Stephen Moss	Teesdale AC
1433	1:11:26	8588	John Collier	Wesham RR and AC	1533	1:14:56	8112	Yudvir Kataria	Sinfin RC
1434	1:11:29	8142	Paul Doxford	South Shields Harriers and AC	1534	1:15:02	7612	Matthew Way	Newcastle Staffs AC
1435	1:11:31	6189	Robert Norman	Belper Harriers	1535	1:15:07	7834	Raymond Poynter	Redhill RR
1436	1:11:32	8275	James Yorke	Sutton in Ashfield Harriers an	1536	1:15:14	7644	Jason Adam Nash	North Shields Polytechnic Clu
1437	1:11:33	8514	Roger Graham	UTS RC	1537	1:15:15	8531	Gareth Burdell	Vegan Runners UK
1438	1:11:36	7047	Chris Allen	Holme Pierrepont Rc	1538	1:15:15	7715	Andy Harris	Nuneaton Harriers
1439	1:11:38	8115	Christopher Morrison	Sinfin RC	1539	1:15:19	7668	Will Buck	Norwich RR
1440	1:11:38	6921	Tony Weatherson	Heanor RC	1540	1:15:26	6548	Adam Powell	Congleton Harriers
1441	1:11:39	7133	Darren Harger	Istead and Ifield Harriers	1541	1:15:31	8704	Daniel Gadsby	Wreake Runners
1442	1:11:41	8103	Richard Popiel	Silson AC	1542	1:15:32	7153	Tom Cosgrove	Kenilworth Runners
1443	1:11:42	7639	Andrew Moss	North Dorset Tri Club	1543	1:15:37	7999	Peter Brown	Salford Metropolitan AC
1444	1:11:43	6901	Martin Leach	Headington RR	1544	1:15:39	8292	Matthew Ryder	Swindon Harriers
1445	1:11:43	8696	Steve Carr	Workshop Harriers	1545	1:15:43	7894	Stu Sklinar	Roundhay Runners
1446	1:11:45	6557	Nick Bennett	Coventry Godiva Harriers	1546	1:15:45	6760	Robert Prichard-Jones	Fulham RC
1447	1:11:47	6626	Richard Wilson	Derby AC	1547	1:15:46	7785	Mark Enright	Radcliffe AC
1448	1:11:48	6329	Martin Hutchinson	Bridlington RR	1548	1:15:47	6145	Alec MacLean	Beeston AC
1449	1:11:52	6861	Iain Barber	Harborough AC	1549	1:15:57	6643	Simon Parkin	Doncaster AC
1450	1:11:52	6129	Paul Dennis	Beeston AC	1550	1:15:58	8179	Andrew Wadsworth	Sparkhill Harriers
1451	1:11:53	7579	Lee Braithwaite	Newark AC	1551	1:16:01	7456	David Larkin	Macclesfield Harriers and AC
1452	1:11:56	7094	David Gibson	Houghton Harriers and AC	1552	1:16:05	6293	Phil Galpin	Bourne Town Harriers
1453	1:11:57	8015	Steven Ayling	Saltwell Harriers	1553	1:16:06	6734	Paul Townsend	Evenwood RR
1454	1:11:57	7123	Malcolm Pickering	Ilkley Harriers AC	1554	1:16:12	7740	Paul Alexander	Pensby Runners
1455	1:12:03	6254	Timothy Ayres	Blackheath And Bromley Harr	1555	1:16:15	6065	Phil Harding	Avon Valley Runners
1456	1:12:05	8448	Mark Schofield	Tonbridge AC	1556	1:16:17	8033	Sammy Li	Serpentine RC
1457	1:12:06	7343	Francis Ward	Lincoln Wellington AC	1557	1:16:26	6215	Emyr Rees	Bingley Harriers and AC
1458	1:12:09	6675	Mohamed Hashi	Ealing Southall and Middlesex	1558	1:16:28	7829	Martyn McHale	Redhill RR
1459	1:12:10	8189	Richard Rule	Springfield Striders RC	1559	1:16:32	7710	Allan Wilson	Notts AC
1460	1:12:11	6453	Kevin Lomas	CharnwoodAC	1560	1:16:36	6843	Mark Gaughan	Halifax Harriers and AC
1461	1:12:13	6137	Rob Henderson	Beeston AC	1561	1:16:38	7222	David Pierce	Kimberley and District Strider
1462	1:12:16	6133	Bob Frake	Beeston AC	1562	1:16:47	8686	Alistair Holford	Woodford Green AC with Ess
1463	1:12:18	6309	David Powner	Bournville Harriers	1563	1:16:47	7447	Paul Basketfield	Ludlow Runners
1464	1:12:20	8075	Steven Ross	Sheffield RC	1564	1:16:49	6316	Michael Woodall	Bournville Harriers
1465	1:12:20	8183	Wayne Broadbent	Sphinx AC	1565	1:16:50	8518	John Clarke	Vale Royal AC
1466	1:12:21	6793	Paul Davidson	Grantham AC	1566	1:16:55	6388	Peter Bailey	Buxton AC
1467	1:12:21	6526	Jonathan Small	Clapham Chasers	1567	1:16:55	8114	Zakaria Mohamed	Sinfin RC
1468	1:12:24	8128	Matthew Long	South Derbyshire RR	1568	1:16:59	8293	Craig Scott	Swindon Harriers
1469	1:12:26	6305	Steve Morton	Bournville Harriers	1569	1:17:02	6444	Kevin Ferncombe	Centurion RC
1470	1:12:26	8729	Martin Kirby	York Acorn RC	1570	1:17:04	6499	Ian Pulford	City Of Norwich AC
1471	1:12:31	8037	Thomas Martini	Serpentine RC	1571	1:17:07	6283	David Bradley	Blyth RC
1472	1:12:33	7725	Bill Bennett	Orion Harriers	1572	1:17:09	6869	Gary Wallis	Harborough AC
1473	1:12:41	8182	Barry Allen	Sphinx AC	1573	1:17:11	6686	Gary Matthews	East Cheshire Harriers and Ta
1474	1:12:44	8260	Dean Phillips	Sunderland Harriers and AC	1574	1:17:11	7481	Dave Carver	Mansfield Harriers
1475	1:12:49	7930	Russell Tuffin	Rushcliffe AC	1575	1:17:12	7463	Christopher Sutton	Maidenhead AC
1476	1:12:51	6173	Terry O'Neill	Belgrave Harriers	1576	1:17:15	8232	Michael Wu	Steel City Striders Rc
1477	1:12:55	8561	Alex Yem	Wallasey AC	1577	1:17:18	6529	Martin Brady	Clayton-le-Moors Harriers
1478	1:12:58	6078	Chris Violet	Barnet and District AC	1578	1:17:18	7670	Ally Hadden	Norwich RR
1479	1:12:59	6213	John Merrick	Bingley Harriers and AC	1579	1:17:20	8492	Paul Colver	Tyne Bridge Harriers
1480	1:13:00	7872	John Comrie	Rotherham Harriers And AC	1580	1:17:21	6295	Neil Taylor	Bourne Town Harriers
1481	1:13:01	7054	Peter Gillespie	Holme Pierrepont Rc	1581	1:17:23	6084	Jason Shepherd	Barnsley Harriers
1482	1:13:01	6914	Paul Mercer	Heanor RC	1582	1:17:24	7383	John Keenan	London Frontrunners
1483	1:13:04	6127	Steve Brown	Beeston AC	1583	1:17:29	7473	Craig Turner	Manchester Harriers and AC
1484	1:13:09	8422	Anthony Cohen	Tonbridge AC	1584	1:17:32	7850	Carl Hopkinson	Ripley RC
1485	1:13:15	7401	Ben Montilla	London Heathside	1585	1:17:33	8125	John Dowd	Solihull and Small Heath AC
1486	1:13:19	6194	Malcolm Weir	Belper Harriers	1586	1:17:36	6545	Nick Budd	Congleton Harriers
1487	1:13:22	8450	Alex Slack	Tonbridge AC	1587	1:17:45	8194	Michael Jack	St Albans Striders
1488	1:13:22	6745	Ian Merrick	Folkestone RC	1588	1:17:50	8475	John Guest	Trentham RC
1489	1:13:25	8277	Darko Calina	Sutton Runners	1589	1:17:54	6615	Philip Ellis	Denby Dale AC
1490	1:13:27	7864	Ian Page	Rolls Royce Harriers	1590	1:17:57	6564	Brent Davis	Coventry Godiva Harriers
1491	1:13:29	6875	Simon Lawson	Harrogate Harriers and AC	1591	1:18:08	6004	Adrian Francis	Abingdon AC
1492	1:13:30	6151	Chris Robson	Beeston AC	1592	1:18:12	8227	Richard Adrian Pegg	Steel City Striders Rc
1493	1:13:34	8545	William Burbridge-James	Victoria Park Harriers And To	1593	1:18:18	7445	Scott McWilliams	Low Fell RC
1494	1:13:41	7630	Steve Bennett	North Derbyshire RC	1594	1:18:21	7043	Richard Hilson	Holland Sports AC
1495	1:13:43	6268	Richard Hall	Blackheath And Bromley Harr	1595	1:18:25	6033	Simon Hudson	Aldridge RC
1496	1:13:48	7548	Gordon Baird	Middlesbrough and Clevelanc	1596	1:18:26	6187	Anthony Marchant	Belper Harriers
1497	1:13:49	7518	Scott Kirton	Massey Ferguson RC	1597	1:18:29	8106	Simon Bray	Sinfin RC
1498	1:13:53	8694	Paul Stockings	Woodford Green AC with Ess	1598	1:18:31	7652	Graeme Brannen	Northbrook AC
1499	1:13:56	7479	Graeme Baguley	Mansfield Harriers	1599	1:18:37	8473	Adrian Frost	Trentham RC
1500	1:14:00	6003	Jon Bones	Abingdon AC	1600	1:18:39	7382	Mayur Gupta	London Frontrunners

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1601	1:18:44	6753	Andrew Fickling	Fulham RC	1701	1:29:51	8254	Lee Colman	Sunderland Harriers and AC
1602	1:18:47	8568	Alan Heslington	Wallsend Harriers and AC	1702	1:30:10	7744	Nigel Pratten	Pensby Runners
1603	1:18:51	8444	Richard Puxty	Tonbridge AC	1703	1:30:58	8171	Charles Fentiman	Sparkhill Harriers
1604	1:18:58	6383	Mark Hedges	Burton AC	1704	1:31:01	8073	Neal Matthews	Sheffield RC
1605	1:18:59	6772	Gareth Phillips	Gateshead Harriers and AC	1705	1:32:34	7407	Colin Bostock	Long Eaton RC
1606	1:19:02	7749	Darryl Coulter	Peterborough and Nene Valle	1706	1:32:43	6136	Paul Hartsborne	Beeston AC
1607	1:19:04	7217	Robert Gooch	Kimberley and District Strider	1707	1:33:23	6463	Robert Softley	Chesapeake RR
1608	1:19:06	6149	Charlie Pearce	Beeston AC	1708	1:33:43	6294	Richard Pearson	Bourne Town Harriers
1609	1:19:12	6242	Martin Ludford	Birmingham Running Athletic	1709	1:34:07	7340	George Shuttleworth	Lincoln Wellington AC
1610	1:19:17	6181	James Feeney	Belper Harriers	1710	1:35:33	6101	Stephen Harvey	Beccles and Bungay Harriers
1611	1:19:21	7958	Timothy Rainey	Sale Harriers Manchester	1711	1:36:08	8244	James Deacon	Stratford Upon Avon AC
1612	1:19:21	6447	Andy Rea	Centurion RC	1712	1:38:51	7156	Thomas Dable	Kenilworth Runners
1613	1:19:27	7822	Clive Greyson	Redhill RR	1713	1:40:20	6778	Christopher O'Carroll	Gloucester AC
1614	1:19:30	6199	Tan Truong	Bexley AC	1714	1:41:23	6398	Phillip Vines	Caistor RC
1615	1:19:37	7347	David Nottidge	Lingfield RC	1715	1:41:32	6794	David Eldridge	Grantham AC
1616	1:19:42	7679	Nicholas Clarke	Notts AC	1716	1:41:36	6589	Norman Hemming	Croydon Harriers
1617	1:19:50	7634	David Pendlebury	North Derbyshire RC					
1618	1:19:55	6751	Rick Cannon	Fulham RC					
1619	1:19:58	8118	Dean Ward	Sinfin RC					
1620	1:19:59	7921	Martin Findlay	Rushcliffe AC					
1621	1:20:01	6468	Paul Adams	Chorlton Runners					
1622	1:20:03	7027	John Bignell	Hillingdon AC					
1623	1:20:10	7444	Richard McGuire	Low Fell RC					
1624	1:20:16	7720	William Pither	Nuneaton Harriers					
1625	1:20:16	6312	Paul Samuels	Bournville Harriers					
1626	1:20:17	7713	Peter Everitt	Nuneaton Harriers					
1627	1:20:19	6302	Tim Hodges	Bournville Harriers					
1628	1:20:25	8284	Steve Connolly	Swindon Harriers					
1629	1:20:33	6677	Steve Plested	Ealing Southall and Middlesex					
1630	1:20:34	8102	David Jarrett	Silson AC					
1631	1:20:40	7656	Tim Hughes	Northbrook AC					
1632	1:20:41	7442	Jason Long	Low Fell RC					
1633	1:20:50	7227	Matthew Whitmill	Kimberley and District Strider					
1634	1:21:03	8187	Paul Slatford	Sphinx AC					
1635	1:21:05	8732	Calum Cogan	York Knavesmire Harriers					
1636	1:21:11	6530	Peter Browning	Clayton-le-Moors Harriers					
1637	1:21:16	8113	Jamie Meynell	Sinfin RC					
1638	1:21:21	6061	Chris Brown	Avon Valley Runners					
1639	1:21:21	6006	David Morgan	Abingdon AC					
1640	1:21:25	7420	Luke Woodiwiss	Long Eaton RC					
1641	1:21:28	6493	Carl Horth	City of Hull AC					
1642	1:21:50	7672	Martin Howard	Norwich RR					
1643	1:21:52	6737	Bob Collard	Fitmums and Friends					
1644	1:21:53	6749	Steve Taylor	Formula One Circuit Crew					
1645	1:21:55	8119	Brian Warner	Sinfin RC					
1646	1:21:56	7212	Anthony Poncia	Kettering Town Harriers					
1647	1:21:57	6566	Garry Flude	Coventry Godiva Harriers					
1648	1:21:59	6428	Clem Dixon	Cambridge Harriers					
1649	1:22:02	6201	Kevin Winch	Bexley AC					
1650	1:22:17	8177	Andy Manning	Sparkhill Harriers					
1651	1:22:20	6102	Gary Howe	Beccles and Bungay Harriers					
1652	1:22:30	7728	David Milner	Orion Harriers					
1653	1:22:35	6605	Matthew D Stears	Dacorum and Tring AC					
1654	1:22:47	6306	Kevin Peace	Bournville Harriers					
1655	1:22:55	8206	Roy Clay	Stafford Harriers					
1656	1:22:58	7206	Mark Brockway	Kettering Town Harriers					
1657	1:23:01	7338	Martin Morley	Lincoln Wellington AC					
1658	1:23:02	6488	Jerry Smith	Chorlton Runners					
1659	1:23:05	7593	Andrew Vosper	Newark Striders RC					
1660	1:23:13	8400	Carl Gayle	Tipton Harriers					
1661	1:23:16	7228	Chris Worth	Kimberley and District Strider					
1662	1:23:20	6536	Mike Brown	Clowne RR Club					
1663	1:23:23	8606	Jon Moorhouse	West Cheshire AC					
1664	1:23:29	6738	Andrew Coy	Fitmums and Friends					
1665	1:23:33	6147	Ken Morrell	Beeston AC					
1666	1:23:35	8543	Peter Simpson	Vegan Runners UK					
1667	1:23:46	6079	Dave Allembly	Barnsley AC					
1668	1:23:48	6384	Robert Sharratt	Burton AC					
1669	1:23:54	7691	Richard Mitson	Notts AC					
1670	1:24:05	7413	Marc Kinch	Long Eaton RC					
1671	1:24:08	6806	John Hargreaves	Great Western Runners					
1672	1:24:12	8107	Ian Carson	Sinfin RC					
1673	1:24:19	8620	Jeff Darbyshire	Wigan and District H and AC					
1674	1:24:22	6445	James Houghton	Centurion RC					
1675	1:24:22	7708	Andrew Williams	Notts AC					
1676	1:25:04	7718	Vincent Newton	Nuneaton Harriers					
1677	1:25:07	7821	Paul Gibson	Redhill RR					
1678	1:25:15	8573	Mark Taylor	Wallsend Harriers and AC					
1679	1:25:29	8540	Adrian Pope	Vegan Runners UK					
1680	1:25:41	8458	Andy Philippou	Torbay AAC					
1681	1:25:54	6673	Steve Curd	Ealing Southall and Middlesex					
1682	1:26:24	8285	John Dill	Swindon Harriers					
1683	1:26:26	7213	Dominic Devlin	Kimberley and District Strider					
1684	1:26:34	6082	Neil Armitage	Barnsley Harriers					
1685	1:26:40	7111	Trevor Robinson	Ilford AC					
1686	1:26:47	7430	Philip Mitchell	Lordshill RR					
1687	1:27:23	8587	Geoffrey Walden	Werrington Joggers					
1688	1:27:24	6131	Shane Fenn	Beeston AC					
1689	1:27:32	7865	Kieran Portman	Rolls Royce Harriers					
1690	1:27:41	6080	Raymond Archer	Barnsley AC					
1691	1:27:44	8129	Tim Cooke	South London Harriers					
1692	1:28:08	8138	Steve Rigby	South London Harriers					
1693	1:28:19	7825	Michael Horn	Redhill RR					
1694	1:28:24	8076	Stephen Tanner	Sheffield RC					
1695	1:28:30	6076	John Owen	Barnet and District AC					
1696	1:28:59	6739	John Gray	Fitmums and Friends					
1697	1:29:15	7215	Michael Doyle	Kimberley and District Strider					
1698	1:29:27	6705	Emil Maatta	Elvet Striders					
1699	1:29:28	6202	Dave Winfield	Bexley AC					
1700	1:29:36	7673	Anthony Millett	Norwich RR					

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
Team Results:									
Pos	Points	Team / Club		Placings	Pos	Time	No	Name	Club
1	246	Tonbridge AC		(11 24 32 43 59 77)	85	5504	Heaton Harriers and AC		(320 450 1032 1077 1296 1329)
2	280	Leeds City AC		(3 8 36 57 61 115)	86	5559	Tyne Bridge Harriers		(208 731 923 929 1189 1579)
3	301	Bristol and West AC		(10 33 44 70 71 73)	87	5631	Belper Harriers		(552 725 989 994 1090 1281)
4	306	Bedford and County AC		(6 26 53 63 66 92)	88	5650	Bournville Harriers		(459 722 863 1175 1186 1245)
5	314	Highgate Harriers		(12 45 48 60 65 84)	89	5674	Wallsend Harriers and AC		(650 721 903 980 1130 1290)
6	352	Aldershot Farnham and District		(20 27 54 75 76 100)	90	5674	Hillingdon AC		(550 633 808 817 1244 1622)
7	447	Cambridge and Coleridge AC		(25 30 31 85 116 160)	91	5808	Clowne RR Club		(162 444 843 1336 1361 1662)
8	504	Shaftesbury Barnet Harriers		(18 40 58 80 101 207)	92	5815	Roundhay Runners		(91 730 854 1182 1413 1545)
9	515	Birchfield Harriers		(14 22 83 107 137 152)	93	6158	Vegan Runners UK		(672 888 943 1145 1242 1268)
10	589	Sale Harriers Manchester		(52 62 78 89 96 212)	94	6286	Harborough AC		(760 832 995 1011 1339 1349)
11	902	Kent AC		(15 93 99 128 277 290)	95	6298	Blyth RC		(396 436 1125 1262 1508 1571)
12	925	Thames Hare and Hounds		(126 134 136 163 176 190)	96	6311	North Shields Polytechnic Club		(119 764 1144 1346 1402 1536)
13	952	Notts AC		(42 49 114 226 246 275)	97	6357	Aldridge RC		(494 794 1012 1169 1293 1595)
14	1092	Blackheath And Bromley Harriers		(29 39 120 262 306 336)	98	6571	Kettering Town Harriers		(447 746 942 1134 1646 1656)
15	1112	Liverpool Harriers and AC		(28 72 233 245 264 270)	99	6575	Beaumont RC		(568 629 1239 1279 1334 1526)
16	1375	Salford Harriers and AC		(55 69 108 313 406 424)	100	6663	The Stragglers RC		(442 1121 1131 1270 1294 1405)
17	1391	Hallamshire Harriers Sheffield		(121 154 159 205 365 387)	101	6692	Solihull and Small Heath AC		(718 771 1083 1220 1315 1585)
18	1441	Woodford Green AC with Essex L		(35 153 191 211 422 429)	102	6768	Lincoln Wellington AC		(17 1013 1108 1457 1516 1657)
19	1509	Marshall Milton Keynes AC		(38 183 196 221 300 571)	103	6844	Headington RR		(801 996 1049 1263 1291 1444)
20	1528	Herne Hill Harriers		(150 218 248 268 291 353)	104	6844	Stratford Upon Avon AC		(677 796 1074 1080 1506 1711)
21	1554	Hercules Wimbledon AC		(95 127 239 243 253 597)	105	6905	Manchester Harriers and AC		(488 735 1312 1381 1406 1583)
22	1567	Medway And Maidstone AC		(34 86 204 223 481 539)	106	7196	Salford Metropolitan AC		(671 1142 1180 1385 1389 1429)
23	1582	Thames Valley Harriers		(16 142 165 348 385 526)	107	7280	Kimberley and District Striders		(1064 1154 1196 1273 1274 1319)
24	1621	Holmfirth Harriers AC		(9 98 185 267 518 544)	108	7354	Norwich RR		(847 970 1123 1297 1539 1578)
25	1791	Newham and Essex Beagles AC		(13 56 146 376 583 617)	109	7601	Nuneaton Harriers		(1086 1158 1214 1215 1390 1538)
26	1899	Morpeth Harriers and AC		(5 158 216 252 319 949)	110	7890	Low Fell RC		(473 1241 1328 1593 1623 1632)
27	2004	Matlock AC		(19 81 110 546 605 643)	111	7991	Barnet and District AC		(428 1360 1478 1505 1525 1695)
28	2044	London Heathside		(155 261 295 301 479 553)	112	8052	Sparkhill Harriers		(985 1107 1232 1528 1550 1650)
29	2073	Coventry Godiva Harriers		(138 260 327 391 419 538)	113	8097	Sinfin RC		(1082 1207 1326 1439 1510 1533)
30	2140	Team Bath AC		(170 310 341 347 392 580)	114	8235	London Frontrunners		(1017 1265 1344 1427 1582 1600)
31	2293	Southend On Sea AC		(4 21 283 412 745 828)	115	8504	Bingley Harriers and AC		(1058 1395 1479 1503 1512 1557)
32	2493	Serpentine RC		(79 276 476 516 525 621)					
33	2525	Swindon Harriers		(242 312 346 449 480 696)					
34	2587	Watford Joggers		(294 343 361 485 497 607)					
35	2606	East Cheshire Harriers and Tames		(2 175 215 456 657 1101)					
36	2609	Belgrave Harriers		(259 377 397 470 549 557)					
37	2633	Rotherham Harriers And AC		(37 323 426 581 619 647)					
38	2680	Clapham Chasers		(50 373 402 584 592 679)					
39	2810	Winchester and District AC		(255 411 413 453 495 783)					
40	3094	City Of Norwich AC		(258 328 366 395 559 1188)					
41	3129	Havering AC		(214 350 432 575 682 876)					
42	3165	Halesowen ACC		(331 415 505 543 651 720)					
43	3278	Wolverhampton and Bilston		(186 279 573 684 772 784)					
44	3279	Heanor RC		(130 288 618 638 798 807)					
45	3358	Shrewsbury AC		(161 228 561 591 815 1002)					
46	3487	Newark AC		(201 585 611 626 698 766)					
47	3539	Chorlton Runners		(325 461 529 624 740 860)					
48	3610	Holme Pierrepont Rc		(206 496 674 712 753 769)					
49	3910	Ealing Southall and Middlesex AC		(265 286 713 809 858 979)					
50	3910	Wycombe Phoenix Harriers and A		(227 326 342 600 1021 1394)					
51	3964	Peterborough and Nene Valley A		(169 371 379 697 742 1606)					
52	4074	Victoria Park Harriers And Tower		(147 266 296 503 1369 1493)					
53	4088	Rushcliffe AC		(369 378 642 830 835 1034)					
54	4099	Tipton Harriers		(193 372 560 635 1141 1198)					
55	4123	South London Harriers		(46 220 439 855 1165 1398)					
56	4156	Newcastle Staffs AC		(441 514 615 800 885 901)					
57	4286	Knowle and Dorridge RC		(519 655 741 763 795 813)					
58	4291	Bromsgrove and Redditch		(418 555 668 743 883 1024)					
59	4297	Rugby and Northampton AC		(145 455 717 826 1001 1153)					
60	4338	Huntingdonshire AC		(446 498 533 723 908 1230)					
61	4457	Avon Valley Runners		(140 202 758 1089 1112 1156)					
62	4481	Dacorum and Tring AC		(187 467 511 641 1022 1653)					
63	4512	Kenilworth Runners		(352 417 542 940 1104 1157)					
64	4582	Saltaire Striders		(332 551 754 811 983 1151)					
65	4611	Macclesfield Harriers and AC		(324 680 683 820 849 1255)					
66	4615	Eton Manor AC		(524 587 689 695 1010 1110)					
67	4646	Sunderland Harriers and AC		(229 423 833 886 934 1341)					
68	4677	St Helens Sutton AC		(171 545 631 1044 1119 1167)					
69	4701	Wirral AC		(408 595 786 821 918 1173)					
70	4767	Steel City Striders Rc		(344 458 715 872 1159 1219)					
71	4777	Northbrook AC		(457 468 659 977 1046 1170)					
72	4807	Fulham RC		(656 701 737 804 950 959)					
73	4948	Long Eaton RC		(390 646 900 953 991 1068)					
74	5133	Ealing Eagles RC		(493 666 773 981 1093 1127)					
75	5137	Leighton Buzzard AC		(203 594 871 926 1129 1414)					
76	5153	York Knavesmire Harriers		(630 719 803 941 1019 1041)					
77	5258	Beeston AC		(836 842 859 864 922 935)					
78	5260	Redhill RR		(590 778 912 944 955 1081)					
79	5266	Lordshill RR		(567 802 867 1006 1008 1016)					
80	5306	Sheffield RC		(367 765 902 930 938 1404)					
81	5311	Wigan and District H and AC		(602 785 892 967 1029 1036)					
82	5343	Houghton Harriers and AC		(374 399 572 1248 1298 1452)					
83	5419	Sutton in Ashfield Harriers and AC		(471 748 789 972 1003 1436)					
84	5486	Doncaster AC		(269 623 733 1070 1384 1407)					