

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1	0:40:52	8312	Mahamed Mahamed	Southampton Athletic Club	101	0:46:28	6114	Dave Ragan	Basingstoke & Mid Hants AC
2	0:41:07	7418	Emile Caïress	Leeds City Athletic Club	102	0:46:29	6999	Christopher Law	Hallamshire Harriers Sheffield
3	0:42:04	7392	Alex Yee	Kent AC	103	0:46:29	7746	Finn Brodie	Morpeth Harriers & AC
4	0:42:21	8313	Zakariya Mahamed	Southampton Athletic Club	104	0:46:29	6909	Matthew Elkington	Glaxo Hoad Hill Harriers
5	0:42:23	6353	Jack Millar	Bristol and West AC	105	0:46:30	7192	Charlie Haywood	Highgate Harriers
6	0:42:24	8147	Nigel Martin	Sale Harriers Manchester	106	0:46:30	8076	Luke Cotter	Rotherham Harriers And Ac
7	0:42:26	7680	Daniel Haworth	Matlock Athletic Club	107	0:46:31	7113	Richard McDowell	Hercules Wimbledon AC
8	0:42:44	8184	Joe Steward	Salford Harriers & Ac	108	0:46:33	7792	Callum Bowen-Jones	Newham & Essex Beagles AC
9	0:42:48	6996	Andrew Heyes	Hallamshire Harriers Sheffield	109	0:46:33	8968	Marcus Shantry	Windsor Slough Eton & Houn:
10	0:42:52	8317	Alexander Teuten	Southampton Athletic Club	110	0:46:33	7762	Edward Buck	Newark AC
11	0:42:58	7327	Joe Hudson	Keighley & Craven AC	111	0:46:34	7713	Joe Morrow	Milton Keynes Distance Proje
12	0:43:00	7290	Ahmed Abdulle	Ilford AC	112	0:46:35	8152	Philip Robertson	Sale Harriers Manchester
13	0:43:06	6018	Ben Bradley	Aldershot Farnham & District	113	0:46:37	7691	Teweldebrhan Menges	Medway And Maidstone AC
14	0:43:08	6395	Jack Gray	Cambridge & Coleridge AC	114	0:46:38	8789	Joe Dale	Victoria Park Harriers And To
15	0:43:14	6392	James Edgerton	Cambridge & Coleridge AC	115	0:46:39	7555	Tom Aldred	London Heathside
16	0:43:18	9001	Edward Shepherd	Woodford Green AC with Ess	116	0:46:40	6243	Adrian Bailes	Birtley AC
17	0:43:22	7201	Alexander Lepretre	Highgate Harriers	117	0:46:43	8107	William Gardner	Rugby & Northampton Ac
18	0:43:29	6662	Dominic Nolan	Croydon Harriers	118	0:46:43	6402	James Reed	Cambridge & Coleridge AC
19	0:43:35	6128	Benjamin Alcock	Bedford & County AC	119	0:46:47	8716	Mark Innocenti	Tring RC
20	0:43:38	8241	Dylan Evans	Shaftesbury Barnet Harriers	120	0:46:47	8123	Joseph Tuffin	Rushcliffe Ac
21	0:43:45	6320	Zak Seddon	Bracknell AC	121	0:46:48	7116	Andrew Penney	Hercules Wimbledon AC
22	0:43:47	7857	Alastair Watson	Notts AC	122	0:46:48	7112	George Mallett	Hercules Wimbledon AC
23	0:43:52	7434	Linton Taylor	Leeds City Athletic Club	123	0:46:48	7098	Jonathan Cornish	Hercules Wimbledon AC
24	0:43:58	7321	Ed Bovingdon	Istead & Ifield Harriers	124	0:46:49	6319	Matthew Seddon	Bracknell AC
25	0:44:00	9006	George Beardmore	Worcester AC	125	0:46:50	7208	Roger Poolman	Highgate Harriers
26	0:44:04	8459	Samuel Moakes	Sutton in Ashfield Harriers & .	126	0:46:50	6390	Chris Darling	Cambridge & Coleridge AC
27	0:44:05	7852	Douglas Musson	Notts AC	127	0:46:50	6175	Henry Hart	Belgrave Harriers
28	0:44:06	8633	Maximilian Nicholls	Tonbridge Ac	128	0:46:51	6772	John Fielding	Ealing Southall & Middlesex A
29	0:44:08	6479	Harry Leleu	Chichester Runners & AC	129	0:46:52	8545	James Ellis	Thames Valley Harriers
30	0:44:15	6022	Sam Eglan	Aldershot Farnham & District	130	0:46:53	6690	David Bishop	Derby Athletic Club
31	0:44:17	6695	Daniel Haymes	Derby Athletic Club	131	0:46:53	8941	William Boutwood	Winchester & District AC
32	0:44:19	6135	Jack Goodwin	Bedford & County AC	132	0:46:53	9008	Tom Mahon	Wreake & Soar Valley
33	0:44:26	7096	Daniel Cliffe	Hercules Wimbledon AC	133	0:46:53	7798	Olivier Heaslip	Newham & Essex Beagles AC
34	0:44:28	6386	Michael Bartram	Cambridge & Coleridge AC	134	0:46:55	8170	Thomas Cornthwaite	Salford Harriers & Ac
35	0:44:29	6326	William Cork	Brighton & Hove AC	135	0:46:56	6084	Edward Knudsen	Avon Valley Runners
36	0:44:29	6330	Tomer Tarragano	Brighton & Hove AC	136	0:46:57	8159	James Wignall	Sale Harriers Manchester
37	0:44:30	7358	John Gilbert	Kent AC	137	0:46:58	8149	William Onek	Sale Harriers Manchester
38	0:44:30	8106	Elisha De Mello	Rugby & Northampton Ac	138	0:47:01	8566	Christopher Thomas	Thames Valley Harriers
39	0:44:32	8080	Joseph Massingham	Rotherham Harriers And Ac	139	0:47:04	8453	Stephen Jackson	Sunderland Harriers & AC
40	0:44:35	6132	Darren Deed	Bedford & County AC	140	0:47:06	6363	Andrew Watt	Bristol and West AC
41	0:44:43	6461	Harry Lupton	Charnwood A C	141	0:47:07	7332	Alasdair Russell	Kendal Amateur Athletic Club
42	0:44:43	6405	James Teagle	Cambridge & Coleridge AC	142	0:47:09	7891	Jared Martin	Oxford University AC
43	0:44:47	7436	Joshua Woodcock-Shaw	Leeds City Athletic Club	143	0:47:09	8622	Ben Cole	Tonbridge Ac
44	0:44:50	7744	Carl Avery	Morpeth Harriers & AC	144	0:47:09	7314	James Reeder	Ipswich Harriers
45	0:44:51	8113	Lee Gratten	Rugeley Runners	145	0:47:10	8024	Sam Rodda	Reading AC
46	0:45:00	6023	Lasse Eini	Aldershot Farnham & District	146	0:47:12	6001	Ben Chown	26.2 Road Runners Club
47	0:45:02	6397	Thomas Keen	Cambridge & Coleridge AC	147	0:47:12	8634	Cameron Payas	Tonbridge Ac
48	0:45:03	8307	Peter Hart	Southampton Athletic Club	148	0:47:12	8947	George King	Winchester & District AC
49	0:45:04	6281	James Douglas	Border Harriers & Ac	149	0:47:12	8176	Chris Livesey	Salford Harriers & Ac
50	0:45:09	6361	Kurt Taylor	Bristol and West AC	150	0:47:12	6653	James Hancock	Croydon Harriers
51	0:45:10	8628	Jamie Goodge	Tonbridge Ac	151	0:47:13	9023	Robert Wright	Wycombe Phoenix Harriers &
52	0:45:12	7580	Seyfu Jamaal	London Heathside	152	0:47:14	8906	Dan Owen	Western Tempo
53	0:45:13	7799	Frank O'Brien	Newham & Essex Beagles AC	153	0:47:16	8202	Andy Greenleaf	Serpentine RC
54	0:45:14	7499	Liam Burthem	Liverpool Harriers & AC	154	0:47:16	6984	Jed Bartlett	Hallamshire Harriers Sheffield
55	0:45:14	7430	Graham Rush	Leeds City Athletic Club	155	0:47:18	6356	Tony Orvain	Bristol and West AC
56	0:45:14	6352	Felix McGrath	Bristol and West AC	156	0:47:19	6638	Kieran Barnes	Crawley Ac
57	0:45:21	6691	Tom Bishop	Derby Athletic Club	157	0:47:19	6987	John Birch	Hallamshire Harriers Sheffield
58	0:45:24	7120	Frederick Slemeck	Hercules Wimbledon AC	158	0:47:20	7756	James Taylor	Morpeth Harriers & AC
59	0:45:24	6359	Ben Robinson	Bristol and West AC	159	0:47:21	6394	Michael Gilbert	Cambridge & Coleridge AC
60	0:45:27	7842	Milan Campion	Notts AC	160	0:47:21	6057	David Norman	Altrincham & District Athletic
61	0:45:28	6733	Edward Chuck	Dulwich Runners AC	161	0:47:22	8742	William Levett	Tonbridge Wells Harriers
62	0:45:28	8503	Magregor Cox	Thames Hare & Hounds	162	0:47:24	7819	David Green	North Shields Polytechnic Clu
63	0:45:29	6751	Jack Ramm	Dulwich Runners AC	163	0:47:25	7269	Cameron Allan	Houghton Harriers & Ac
64	0:45:32	8133	Nicholas Barry	Sale Harriers Manchester	164	0:47:27	8541	Hugo Cayssials	Thames Valley Harriers
65	0:45:33	7848	Freddie Hessian	Notts AC	165	0:47:27	7750	Sam Hancox	Morpeth Harriers & AC
66	0:45:36	8314	Jacob O'Hara	Southampton Athletic Club	166	0:47:27	7416	Alexander Bellew	Leeds City Athletic Club
67	0:45:38	7425	Mick Hill	Leeds City Athletic Club	167	0:47:28	7771	Callum O'Neill	Newbury AC
68	0:45:40	6201	Philip Wicks	Belgrave Harriers	168	0:47:31	7607	Christopher Vincent	London Heathside
69	0:45:42	8647	Stephen Strange	Tonbridge Ac	169	0:47:31	6993	Jamie Hall	Hallamshire Harriers Sheffield
70	0:45:44	7811	Kieran Walker	North East Project	170	0:47:32	6698	Alex Pilcher	Derby Athletic Club
71	0:45:50	6245	Max Stapley	Birtley AC	171	0:47:32	7051	Ben Davis	Havering AC
72	0:45:50	8843	Oscar Bell	Ware Joggers	172	0:47:33	9003	James Stockings	Woodford Green AC with Ess
73	0:45:51	6348	Owain Jones	Bristol and West AC	173	0:47:34	6990	Leo Cossham	Hallamshire Harriers Sheffield
74	0:45:52	8905	Dominic James	Western Tempo	174	0:47:35	7951	Ben Lewis	Poole Ac
75	0:45:53	7424	Matthew Grieve	Leeds City Athletic Club	175	0:47:37	8640	Kieran Reilly	Tonbridge Ac
76	0:45:53	8625	Michael Ellis	Tonbridge Ac	176	0:47:39	8626	Luke Fisher	Tonbridge Ac
77	0:45:55	6141	William MacKay	Bedford & County AC	177	0:47:43	7220	Rob Wilson	Highgate Harriers
78	0:45:55	6234	Alex Tovey	Birchfield Harriers	178	0:47:43	8467	Simon Byrne	Swindon Harriers
79	0:45:56	8529	Patrick Roddy	Thames Hare & Hounds	179	0:47:44	6149	Alfred Yabsley	Bedford & County AC
80	0:45:56	8309	Rikki James	Southampton Athletic Club	180	0:47:46	7853	Tony Payne	Notts AC
81	0:45:57	8306	Sam Costley	Southampton Athletic Club	181	0:47:47	7420	Gavyn Chalmers	Leeds City Athletic Club
82	0:45:59	6015	Stephen Blake	Aldershot Farnham & District	182	0:47:49	8607	Martin Williams	Tipton Harriers
83	0:46:02	7173	Alex Bampton	Highgate Harriers	183	0:47:50	8502	Josh Carr	Thames Hare & Hounds
84	0:46:02	7179	Peter Chambers	Highgate Harriers	184	0:47:51	8331	Samuel Norris	Southend On Sea Ac
85	0:46:02	7423	Sean Flanagan	Leeds City Athletic Club	185	0:47:54	7353	Cameron Dockerill	Kent AC
86	0:46:03	7745	Matthew Briggs	Morpeth Harriers & AC	186	0:47:56	7422	Benjamin Douglas	Leeds City Athletic Club
87	0:46:04	6024	George Gathercole	Aldershot Farnham & District	187	0:47:56	7760	Harry Allan	New Marske Harriers Club
88	0:46:05	8549	Conor Kissane-Wood	Thames Valley Harriers	188	0:47:56	7417	Mike Burrett	Leeds City Athletic Club
89	0:46:05	8907	Ben Price	Western Tempo	189	0:47:58	6246	Luke Betts	Blackburn Harriers & AC
90	0:46:06	7676	James Tuttle	Marshall Milton Keynes AC	190	0:47:59	8150	Gareth Raven	Sale Harriers Manchester
91	0:46:07	8540	Michael Cameron	Thames Valley Harriers	191	0:48:03	8555	Oliver Newton	Thames Valley Harriers
92	0:46:07	6247	Ben Fish	Blackburn Harriers & Ac	192	0:48:04	6013	Harrison Read	Abingdon AC
93	0:46:09	7708	Jack Willis	Middlesbrough & Cleveland t	193	0:48:06	7093	Oliver Carrington	Hercules Wimbledon AC
94	0:46:14	6510	Logan Smith	City Of Norwich AC	194	0:48:06	8158	Alan White	Sale Harriers Manchester
95	0:46:14	7347	Noah Armitage-Hookes	Kent AC	195	0:48:07	7089	Jack Bibbings	Hercules Wimbledon AC
96	0:46:16	7681	Harry Holmes	Matlock Athletic Club	196	0:48:09	8604	Joseph Read	Tipton Harriers
97	0:46:17	7265	Joe Mercer	Horwich R M I Harriers	197	0:48:09	6986	Cameron Bell	Hallamshire Harriers Sheffield
98	0:46:18	8619	Jamie Bryant	Tonbridge Ac	198	0:48:10	6317	Neil Kevern	Bracknell AC
99	0:46:21	7171	Robel Bahelbi	Highgate Harriers	199	0:48:12	8994	Angus Holford	Woodford Green AC with Ess
100	0:46:23	8145	Daniel Kashi	Sale Harriers Manchester	200	0:48:13	6313	Adam Dart	Bracknell AC

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
201	0:48:15	7165	Andrew Warburton	Herne Hill Harriers	301	0:49:35	8326	Rhys Gillard	Southend On Sea Ac
202	0:48:15	7090	Rhys Boorman	Hercules Wimbledon AC	302	0:49:36	7159	Ben Paviour	Herne Hill Harriers
203	0:48:15	7001	Connor Milnes	Hallamshire Harriers Sheffield	303	0:49:36	8896	Alex Hamblin	Westbury Harriers
204	0:48:15	6787	Stefan Ritte	Ealing Southall & Middlesex A	304	0:49:36	6441	Peter Hogben	Canterbury Harriers
205	0:48:16	8220	Jonathan Poole	Serpentine RC	305	0:49:38	6106	Jonney Yeates	Barnet & District AC
206	0:48:17	7686	Tom Collins	Medway And Maidstone Ac	306	0:49:39	6576	Adam Dalton	Cleethorpes AC
207	0:48:18	8200	Andrea Fraquelli	Serpentine RC	307	0:49:40	8850	Michael Waddington	Ware Joggers
208	0:48:20	7209	Sean Renfer	Highgate Harriers	308	0:49:40	6578	Daniel James	Cleethorpes AC
209	0:48:21	7371	Chris McGurk	Kent AC	309	0:49:42	8310	Aiden Lennan	Southampton Athletic Club
210	0:48:21	6434	Neil Iyata	Cambridge University Hare ar	310	0:49:42	6264	Daniel Kennedy	Blackheath & Bromley Harrie
211	0:48:21	7279	David Hudson	Huntingdonshire AC	311	0:49:43	8481	Aidan Daniel	Team Bath Athletic Club
212	0:48:22	6992	Matthew Fuller	Hallamshire Harriers Sheffield	312	0:49:43	6706	Daniel Evans	Dorking & Mole Valley AC
213	0:48:23	6087	Michael Towler	Avon Valley Runners	313	0:49:44	7586	Francesco Melloni	London Heathside
214	0:48:24	8305	Max Costley	Southampton Athletic Club	314	0:49:45	8803	Fabien Lassonde	Victoria Park Harriers And To
215	0:48:24	8797	James Hotham	Victoria Park Harriers And To	315	0:49:48	6187	Conall McNally	Belgrave Harriers
216	0:48:25	7258	Kai Sunman	Holmfirth Harriers AC	316	0:49:48	6622	Scott Hudspith	Coventry Godiva Harriers
217	0:48:25	8992	Tom Beedell	Woodford Green AC with Ess	317	0:49:49	7146	Jack Hillier	Herne Hill Harriers
218	0:48:26	6249	Tim Raynes	Blackburn Harriers & AC	318	0:49:50	6182	Angus Lamb	Belgrave Harriers
219	0:48:26	6282	Tom Humphries	Border Harriers & Ac	319	0:49:51	7135	Jeff Cunningham	Herne Hill Harriers
220	0:48:26	7415	Mohamed Abshir	Leeds City Athletic Club	320	0:49:52	6985	Christian Battersby	Hallamshire Harriers Sheffield
221	0:48:27	6493	Fraser MacDonald Oulds	Chorlton Runners	321	0:49:57	7099	Jackson Creegan	Hercules Wimbledon AC
222	0:48:27	6794	Gavin Browne	East Cheshire Harriers & Tam	322	0:49:57	6117	Thomas Syckelmoore	Basingstoke & Mid Hants AC
223	0:48:28	6542	Tim Stratton	City of York AC	323	0:49:59	8601	Karl Quiney	Tipton Harriers
224	0:48:30	7264	Nick Leigh	Horwich R M I Harriers	324	0:50:00	7859	Matthew Williams	Notts AC
225	0:48:30	8963	Sebastian Cirillo	Windsor Slough Eton & Houn	325	0:50:02	6481	Ben Morton	Chichester Runners & AC
226	0:48:30	6119	Robert Wood	Basingstoke & Mid Hants AC	326	0:50:03	7480	Aiden Briffett	Lewes AC
227	0:48:30	7888	Matthew Berrington	Oxford University AC	327	0:50:05	8070	Jonathan Cleaver	Rossendale Harriers & AC
228	0:48:31	6384	Brogan McCawley	Camberley & District Ac	328	0:50:08	6422	James MacDonald	Cambridge Harriers
229	0:48:32	7498	Richard Burney	Liverpool Harriers & AC	329	0:50:10	8532	Phillip Tedd	Thames Hare & Hounds
230	0:48:33	6463	Ben Felton	Chelmsford AC	330	0:50:10	6261	Alex Gibbins	Blackheath & Bromley Harrie
231	0:48:36	7438	Pascal Bouttierre-Butler	Leicester Coritanian AC	331	0:50:11	6612	Matthew Battley	Coventry Godiva Harriers
232	0:48:39	8615	Daniel Bradley	Tonbridge Ac	332	0:50:11	8599	Alvin Karangizi	Tipton Harriers
233	0:48:39	6323	Conor Culham	Braintree & District AC	333	0:50:13	7174	James Barber	Highgate Harriers
234	0:48:40	6331	James Turner	Brighton & Hove AC	334	0:50:15	8904	Marc Fallows	Western Tempo
235	0:48:40	7591	Kieran Morris	London Heathside	335	0:50:15	6190	James Nutt	Belgrave Harriers
236	0:48:41	6595	Jordan Middlemist	Colchester Harriers AC	336	0:50:16	6535	Sebastian Duffy	City Of Stoke Ac
237	0:48:42	8781	Andrew Barrington	Victoria Park Harriers And To	337	0:50:16	6256	Thomas Desborough	Blackheath & Bromley Harrie
238	0:48:42	6478	Mike Houston	Chichester Runners & AC	338	0:50:18	8466	Luke Byrne	Swindon Harriers
239	0:48:43	7352	Dame Dibaba	Kent AC	339	0:50:19	6391	James Dunce	Cambridge & Coleridge AC
240	0:48:43	7138	Brandon Dewar	Herne Hill Harriers	340	0:50:21	8474	Dan Thomas	Swindon Harriers
241	0:48:46	8985	Ben Goddard	Woking AC	341	0:50:26	7806	Alexander McCartney	Newquay & Par AC
242	0:48:46	7517	Mathew Speed	London City Athletics Club	342	0:50:27	7705	Gregory Jayasuriya	Middlesbrough & Cleveland I
243	0:48:46	6327	Craig Halsey	Brighton & Hove AC	343	0:50:28	8637	James Puxty	Tonbridge Ac
244	0:48:48	7329	Jonathan Dry	Kendal Amateur Athletic Club	344	0:50:30	8131	Sam Aspinwall	Sale Harriers Manchester
245	0:48:51	8525	Richard Ollington	Thames Hare & Hounds	345	0:50:30	6524	Michael Beckett	City Of Salisbury AC & RC
246	0:48:54	6420	Chris Loudon	Cambridge Harriers	346	0:50:32	8864	Sean Collum	Watford Joggers
247	0:48:57	7210	James Ross	Highgate Harriers	347	0:50:33	7214	David Shepherd	Highgate Harriers
248	0:48:58	7119	Matthew Sharp	Hercules Wimbledon AC	348	0:50:33	6357	William Parkin	Bristol and West AC
249	0:48:59	8286	Ollie Garrod	South London Harriers	349	0:50:34	6833	Steve Winder	Epsom & Ewell Harriers
250	0:48:59	8208	Glenn Hughes	Serpentine RC	350	0:50:34	8969	Mark Vardy	Windsor Slough Eton & Houn
251	0:49:00	8546	Niki Faulkner	Thames Valley Harriers	351	0:50:35	7617	Daniel Campion	Lordshill Road Runners
252	0:49:00	6065	James Dicks	Arena 80 AC	352	0:50:36	7953	Brian Underwood	Poole Ac
253	0:49:02	7049	Samuel Atkins	Havering AC	353	0:50:37	7412	David Brown	Lancaster & Morecambe AC
254	0:49:02	6514	Sam Todd	City Of Norwich AC	354	0:50:37	7127	Eoin Brady	Herne Hill Harriers
255	0:49:03	7223	James Laing	Hillingdon AC	355	0:50:38	7154	Arlo Ludewick	Herne Hill Harriers
256	0:49:03	6512	David Sparshott	City Of Norwich AC	356	0:50:40	8722	Matthew Wade	Tring RC
257	0:49:04	8302	Daniel Bradford	Southampton Athletic Club	357	0:50:41	6339	Peter Bains	Bristol and West AC
258	0:49:04	8500	James Bartram	Thames Hare & Hounds	358	0:50:42	8535	Simon Wurr	Thames Hare & Hounds
259	0:49:04	8135	Alex Bradford	Sale Harriers Manchester	359	0:50:42	6508	Jacob Ocal	City Of Norwich AC
260	0:49:04	8901	Ben Rawlins	Westbury Harriers	360	0:50:44	7000	David Lewis	Hallamshire Harriers Sheffield
261	0:49:04	7203	Henry Murdoch	Highgate Harriers	361	0:50:44	7413	Joseph Twigg	Lancaster & Morecambe Ac
262	0:49:05	8036	Jack Gregory	Reading Roadrunners	362	0:50:44	6694	Grant Cummings	Derby Athletic Club
263	0:49:05	8244	Kojo Kyereme	Shaftesbury Barnet Harriers	363	0:50:46	7095	Joseph Clark	Hercules Wimbledon AC
264	0:49:06	8293	James Lyne	South London Harriers	364	0:50:46	6121	Philip Chritchlow	Beaumont RC
265	0:49:06	8501	Joe Bowness	Thames Hare & Hounds	365	0:50:46	8739	Alexander Jeffreys	Tunbridge Wells Harriers
266	0:49:06	6516	Paul Cardy	City Of Portsmouth AC	366	0:50:47	8478	Peter Hackett	Tamworth AC
267	0:49:07	7879	Lewis Harknett	Orion Harriers	367	0:50:48	6360	Andy Salmon	Bristol and West AC
268	0:49:09	6133	Craig Emmerson	Bedford & County AC	368	0:50:49	8257	David Mills	Sheffield RC
269	0:49:10	7677	Steve Tuttle	Marshall Milton Keynes AC	369	0:50:50	6503	Ryan Davidson	City Of Norwich AC
270	0:49:11	6436	Mark Poynting	Cambridge University Hare ar	370	0:50:50	8939	George Belfield	Winchester & District AC
271	0:49:12	6625	Joe McLeod	Coventry Godiva Harriers	371	0:50:50	7343	Lewis Sheward	Kenilworth Runners
272	0:49:15	8108	Andrew Johnstone	Rugby & Northampton Ac	372	0:50:51	8137	Chris Donnelly	Sale Harriers Manchester
273	0:49:17	7355	Samuel Evans	Kent AC	373	0:50:51	6039	Bryn Smith	Aldershot Farnham & District
274	0:49:17	7609	James Wooldridge	London Heathside	374	0:50:52	6790	James Taylor-Caldwell	Ealing Southall & Middlesex A
275	0:49:18	7822	Joe Gentry	North Somerset AC	375	0:50:53	6101	Edward Spencer	Barnet & District AC
276	0:49:21	6533	David Rich	City of Sheffield and Dearne /	376	0:50:53	8171	Carl Hardman	Salford Harriers & Ac
277	0:49:22	6988	Euan Brown	Hallamshire Harriers Sheffield	377	0:50:54	7038	David Lawrence	Harrow AC
278	0:49:23	8457	Nathan Reed	Sunderland Harriers & AC	378	0:50:54	6997	Wyatt Hill	Hallamshire Harriers Sheffield
279	0:49:23	8288	Matthew Jiggins	South London Harriers	379	0:50:55	6365	Mark Appleton	Bromsgrove and Redditch
280	0:49:23	7578	James Hurrell	London Heathside	380	0:50:57	6398	Tom McCusker	Cambridge & Coleridge AC
281	0:49:23	7381	Daniel Pettitt	Kent AC	381	0:50:57	6574	Peter MacKrell	Clayton-le-Moors Harriers
282	0:49:24	7777	Jacob Droogmans	Newcastle Staffs Ac	382	0:50:57	8927	Daniel Reynolds	Wimbledon Windmilers
283	0:49:24	8512	James Hoad	Thames Hare & Hounds	383	0:50:57	8075	Ben Burton	Rotherham Harriers And Ac
284	0:49:26	8000	Ben Anderson	Ranelagh Harriers	384	0:50:58	8910	Adam Stirr	Wharfedale Harriers
285	0:49:27	8965	Hugo Donovan	Windsor Slough Eton & Houn	385	0:51:00	6054	Dave Richardson	Orion Harriers
286	0:49:27	8790	Greg Divall	Victoria Park Harriers And To	386	0:51:01	7884	Richard Smith	Orion Harriers
287	0:49:29	7310	Cameron Reilly	Ilkley Harriers AC	387	0:51:02	7851	John Muddeman	Notts AC
288	0:49:29	6335	Sam Peters	Brighton Phoenix	388	0:51:03	8079	Aidan Johnson	Rotherham Harriers And Ac
289	0:49:30	7753	Connor Marshall	Morpeth Harriers & AC	389	0:51:03	6735	Sean Cordon	Dulwich Runners AC
290	0:49:30	7111	Edward Mallett	Hercules Wimbledon AC	390	0:51:06	8477	Robert Dyjak	Tamworth AC
291	0:49:30	8193	Nicolas Besson	Serpentine RC	391	0:51:06	8278	Billy Casserley	South London Harriers
292	0:49:31	6189	Jonny Neville	Belgrave Harriers	392	0:51:06	6287	James Ashley	Bourville Harriers
293	0:49:31	7682	Jose Rivas Gutierrez	Matlock Athletic Club	393	0:51:08	7556	Andrew Barnes	London Heathside
294	0:49:33	8072	Stephen Corbishley	Rossendale Harriers & AC	394	0:51:10	8522	Alistair McMaster	Thames Hare & Hounds
295	0:49:33	8225	Jens Sudmeier	Serpentine RC	395	0:51:11	6621	Jamie Hnatushka	Coventry Godiva Harriers
296	0:49:33	7003	Keiron Sexton	Hallamshire Harriers Sheffield	396	0:51:11	8592	Taylor Newell	Thurrock Harriers
297	0:49:34	6194	Jonathan Scott	Belgrave Harriers	397	0:51:12	7134	Simon Coombes	Herne Hill Harriers
298	0:49:35	6862	Ellis Meades-Woolley	Fareham Running Club	398	0:51:13	6950	Nathan Janmohamed	Guildford & Godalming AC
299	0:49:35	7470	Billy Mead	Leighton Buzzard Athletic Clu	399	0:51:14	8798	Dominic Howarth	Victoria Park Harriers And To
300	0:49:35	7990	Andrew McCarron	Queen's Park Harriers	400	0:51:14	6170	Matthew Edgar	Belgrave Harriers

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
401	0:51:15	8513	Lawrence Hollom	Thames Hare & Hounds	501	0:52:45	8608	Aaron Graves	Tipstree Road Runners
402	0:51:15	8673	Laurence Skidmore	Trafford Athletic Club	502	0:52:45	7570	Christopher Gracie	London Heathside
403	0:51:19	6538	Daniel Watt	City Of Stoke Ac	503	0:52:46	6183	Tom Lole	Belgrave Harriers
404	0:51:19	6998	Peter Hodges	Hallamshire Harriers Sheffield	504	0:52:47	6336	Luke Piper	Brighton Phoenix
405	0:51:20	6185	Michael McCarthy	Belgrave Harriers	505	0:52:48	8868	Oliver Hill	Watford Joggers
406	0:51:22	8489	Daniel Jones	Team Bath Athletic Club	506	0:52:48	7965	Wesley Wilkinson	Preston Harriers
407	0:51:22	8639	Luke Reeves	Tonbridge Ac	507	0:52:49	7196	Danny Isaacs	Highgate Harriers
408	0:51:23	8144	Ken Hunt	Sale Harriers Manchester	508	0:52:50	6366	Peter Ball	Bromsgrove and Redditch
409	0:51:24	8667	Matthew Cooper	Trafford Athletic Club	509	0:52:51	8780	Jon Andueza	Victoria Park Harriers And Ton
410	0:51:24	6615	Damien Chambeftort	Coventry Godiva Harriers	510	0:52:51	7844	Patric Clark	Notts AC
411	0:51:25	6173	Tobias Fletcher	Belgrave Harriers	511	0:52:53	8469	Tom Hunton	Swindon Harriers
412	0:51:26	7581	Harry Kleiman	London Heathside	512	0:52:53	6389	Euan Cunningham	Cambridge & Coleridge AC
413	0:51:26	7061	Tom Dobra	Headington RR	513	0:52:54	6769	Tyler Bowcombe	Ealing Southall & Middlesex A
414	0:51:26	6136	Andrew Headley	Bedford & County AC	514	0:52:54	8605	Luke Vine	Tipton Harriers
415	0:51:28	7665	Stephen Garrett	Manx Harriers	515	0:52:55	8029	David Boulton	Reading Roadrunners
416	0:51:28	7639	Stephen Magrath	Low Fell RC	516	0:52:56	7045	Connor McGurk	Harwell Harriers
417	0:51:28	7236	Joshua Knight	Holland Sports AC	517	0:52:57	6828	Neil Henderson	Epsom & Ewell Harriers
418	0:51:30	7582	Sion Lewis	London Heathside	518	0:52:58	6728	Timothy Bowen	Wichster Runners AC
419	0:51:31	8455	Joseph Pomfret	Sunderland Harriers & AC	519	0:52:59	7604	Mark Topham	London Heathside
420	0:51:33	7199	Jonathan Laybourn	Highgate Harriers	520	0:53:01	6324	Innes Fullerton	Braintree & District AC
421	0:51:35	7053	James Stewart	Havering AC	521	0:53:02	7751	Thomas Innes	Morpeth Harriers & AC
422	0:51:36	7515	Luke Rowland	London City Athletics Club	522	0:53:03	7755	Mark Snowball	Morpeth Harriers & AC
423	0:51:36	7790	Wayne Bell	Newham & Essex Beagles AC	523	0:53:03	7191	Lewis Greaves	Highgate Harriers
424	0:51:37	8999	Bertie Powell	Woodford Green AC with Ess	524	0:53:05	8484	Tom Dudden	Team Bath Athletic Club
425	0:51:37	7361	Christopher Greenwood	Kent AC	525	0:53:07	8526	Gordon Pearce	Thames Hare & Hounds
426	0:51:38	6515	Edward Whiting	City Of Norwich AC	526	0:53:08	8510	Thomas Greenwood	Thames Hare & Hounds
427	0:51:38	6233	Andrew Peat	Birchfield Harriers	527	0:53:09	8011	Peter Tucker	Ravens School Runners
428	0:51:39	9024	Sam Sommerville	Yeovil Olympiads AC	528	0:53:10	7882	Michael McTernan	Orion Harriers
429	0:51:39	6029	Matthew Latham	Aldershot Farnham & District	529	0:53:10	7386	Robert Sesemann	Kent AC
430	0:51:40	8528	Ben Reynolds	Thames Hare & Hounds	530	0:53:11	6343	Matt Brydon	Bristol and West AC
431	0:51:40	8226	Hugh Torry	Serpentine RC	531	0:53:11	6837	Stevie Boyle	Eton Manor AC
432	0:51:41	6116	Daniel Short	Basingstoke & Mid Hants AC	532	0:53:11	7468	Andrew Inchley	Leighton Buzzard Athletic Clu
433	0:51:43	6080	Chris Else	Avon Valley Runners	533	0:53:11	8991	Simon Beedell	Woodford Green AC with Ess
434	0:51:44	6886	Jeremy Dunnett	Ful-On Tri Club	534	0:53:12	6337	Morris Tarragano	Brighton Triathlon Club
435	0:51:45	6241	Matthew Pollard	Birmingham Running Athletic	535	0:53:12	8940	Wayne Bevan	Winchester & District AC
436	0:51:47	6097	Gary Pelosi	Barnet & District AC	536	0:53:13	6546	Elliot Davies	Clapham Chasers
437	0:51:48	6780	Chris Hepworth	Ealing Southall & Middlesex A	537	0:53:14	7690	Justin Lane	Medway And Maidstone Ac
438	0:51:48	8336	Lee Taylor	Southend On Sea Ac	538	0:53:15	8569	Jack Bradley	Thanet Roadrunners AC
439	0:51:49	7752	Andrew Lawrence	Morpeth Harriers & AC	539	0:53:15	7897	Kirk Brawn	Peterborough & Nene Valley
440	0:51:49	7204	Eamonn Murphy	Highgate Harriers	540	0:53:16	7552	Marius Thies	London Fronrunners
441	0:51:49	7989	Alastair Matheson	Queen's Park Harriers	541	0:53:16	7845	Sam Godwin	Notts AC
442	0:51:50	7373	Dave Morgan	Kent AC	542	0:53:17	6743	Joe Hallsworth	Dulwich Runners AC
443	0:51:52	8717	Ross Langley	Tring RC	543	0:53:18	8153	Peter Shipley	Sale Harriers Manchester
444	0:51:52	6113	Javier Molina Molina	Basingstoke & Mid Hants AC	544	0:53:18	8423	Scott Williams	Stowmarket Striders RC
445	0:51:54	7197	James Johnson	Highgate Harriers	545	0:53:18	7668	Christopher Killey	Manx Harriers
446	0:51:55	7652	Andrew Hartley	Manchester Harriers & AC	546	0:53:19	6624	Samuel Marshall	Coventry Godiva Harriers
447	0:51:55	7357	Calum Fraser	Kent AC	547	0:53:19	8234	Peter Wooldridge	Serpentine RC
448	0:51:55	8649	James Taylor	Tonbridge Ac	548	0:53:19	7725	Charlie Fraser	Mornington Chasers
449	0:51:57	7128	Jack Brochie	Herne Hill Harriers	549	0:53:20	7025	Paul Goodwin	Harpenden Arrows
450	0:51:59	7486	Luke Davis	Lingfield RC	550	0:53:20	8603	Todd Quiney	Tipton Harriers
451	0:52:01	7160	Andrew Perfect	Herne Hill Harriers	551	0:53:20	8486	Brian Glynn	Team Bath Athletic Club
452	0:52:03	6507	Jack Mollicone	City Of Norwich AC	552	0:53:21	8922	Richard Cohen	Wimbledon Windmilers
453	0:52:04	7195	Adam Horne	Highgate Harriers	553	0:53:21	6257	Robert Donohue	Blackheath & Bromley Harrie
454	0:52:05	6795	Liam Browne	East Cheshire Harriers & Tam	554	0:53:22	6086	Niall Thorne	Avon Valley Runners
455	0:52:05	8802	William Kirk	Victoria Park Harriers And To	555	0:53:23	6480	Conrad Meagher	Chichester Runners & AC
456	0:52:05	8523	James Meiklejohn	Thames Hare & Hounds	556	0:53:23	8428	Andrew Aitken	Striders Of Croydon
457	0:52:06	6061	Tim Harris	Ampthill & Flitwick Flyers RC	557	0:53:23	9021	Sean Wilson	Wycombe Phoenix Harriers &
458	0:52:07	8468	Courtenay Chessell	Swindon Harriers	558	0:53:24	7898	Luke Brown	Peterborough & Nene Valley
459	0:52:08	6749	Jon Phillips	Dulwich Runners AC	559	0:53:24	8103	Duncan Birtwistle	Rugby & Northampton Ac
460	0:52:09	7042	Jack Whitebury	Harrow AC	560	0:53:26	6960	Nick Tearle	Guildford & Godalming AC
461	0:52:10	6188	Alex Mills	Belgrave Harriers	561	0:53:27	7261	Simon Bruton	Horwich R M I Harriers
462	0:52:11	8976	Tom Williams	Wirral AC	562	0:53:27	6699	Mariusz Felczerek	Donscater Athletic Club
463	0:52:11	8646	Jay Smith	Tonbridge Ac	563	0:53:28	7043	Richard Darling	Heartlepool Burn Road Harrier
464	0:52:12	8073	Andrew Greenfell	Rossendale Harriers & AC	564	0:53:28	6882	Nick Thomas	Fulham Running Club
465	0:52:15	7560	Conor Brown	London Heathside	565	0:53:29	8127	Robert Simmonds	Ryston Runners
466	0:52:15	7007	Josh Williams	Hallamshire Harriers Sheffield	566	0:53:29	7267	Alastair Murray	Horwich R M I Harriers
467	0:52:15	8757	William Bowers	Tyne Bridge Harriers	567	0:53:30	6559	Aidan Mercer	Clapham Chasers
468	0:52:16	7088	Jamie Bannister	Hercules Wimbledon AC	568	0:53:31	7466	Ian Grimshaw	Leighton Buzzard Athletic Clu
469	0:52:16	6914	Andrew De-Camps	Gloucester AC	569	0:53:32	7478	David McNally	Seven Valley AC
470	0:52:17	6975	Mateusz Sliwinski	Halesowen ACC	570	0:53:33	9002	Daniel William Steel	Woodford Green AC with Ess
471	0:52:18	8284	Ryan Evans	South London Harriers	571	0:53:33	7260	Jonathan Bruton	Horwich R M I Harriers
472	0:52:19	8568	Robert Vallance	Thames Valley Harriers	572	0:53:33	8337	Andrew Kershaw	Southport Waterloo AC
473	0:52:20	6248	Joe Gebbie	Blackburn Harriers & AC	573	0:53:33	7207	Sion Parry	Highgate Harriers
474	0:52:20	8315	Scott Pulley	Southampton Athletic Club	574	0:53:33	6931	Richard Heath	Great Bentley Running Club
475	0:52:21	6258	Luca Ercolani	Blackheath & Bromley Harrie	575	0:53:34	8974	James Mackie	Wirral AC
476	0:52:21	6753	Adrian Russell	Dulwich Runners AC	576	0:53:35	6459	Patrick Faulkner	Charnwood A C
477	0:52:22	8157	Joseph Vis	Sale Harriers Manchester	577	0:53:35	8088	Barry Lloyd	Royal Sutton Coldfield Athleti
478	0:52:22	6563	Ben Pickford	Clapham Chasers	578	0:53:35	7710	Jorden Burke	Middleton Harriers Ac
479	0:52:23	7141	Joe Elliott	Herne Hill Harriers	579	0:53:36	7513	Simon Brown	London City Athletics Club
480	0:52:25	8397	Adam Yorwerth	St Albans Striders	580	0:53:36	7296	Malcolm Muir	Ilford AC
481	0:52:26	6928	George Hatton	Grantham AC	581	0:53:36	6861	Emlyn Hughes	Fareham Running Club
482	0:52:27	6667	Phil Symonds	Croydon Harriers	582	0:53:37	7709	Ben Bergstrand	Middlesbrough Athletic Club
483	0:52:28	8548	Ryan Keane	Thames Valley Harriers	583	0:53:37	8914	Jonathan Kearsley	Wigan & District H & AC
484	0:52:29	8083	Gareth Sampson	Rotherham Harriers And Ac	584	0:53:38	7800	Liam O Driscoll	Newham & Essex Beagles AC
485	0:52:29	6224	Kieran O'Doherty	Billericay Striders	585	0:53:38	6801	Lewis Suddaby	East Hull Harriers & AC
486	0:52:29	7142	Joseph Fenwick	Herne Hill Harriers	586	0:53:38	6433	David Worden	Cambridge Harriers
487	0:52:30	6052	Toby Oury	Aldridge RC	587	0:53:39	6830	Chris Ryans	Epsom & Ewell Harriers
488	0:52:30	8163	Jack Bristow	Salford Harriers & Ac	588	0:53:40	8364	Tony Brady-Locke	St Albans Striders
489	0:52:30	7669	Ewan Forsythe	Marshall Milton Keynes AC	589	0:53:40	7188	Mark Ganly	Highgate Harriers
490	0:52:35	7421	Alexander Davy	Leeds City Athletic Club	590	0:53:42	6410	Thomas Brooke	Cambridge Harriers
491	0:52:38	7683	Max Wainwright	Matlock Athletic Club	591	0:53:43	7301	Ian Hunter	Ilkeston Running Club
492	0:52:39	6374	Andrew Humphrey	Burnham Joggers	592	0:53:43	6096	Will Morris	Barnet & District AC
493	0:52:41	7554	Ismail Abukar	London Heathside	593	0:53:43	6369	Patrick MacKie	Bromsgrove and Redditch
494	0:52:41	8719	Tom Sawyer	Tring RC	594	0:53:44	7616	Pete Boustred	Lordshill Road Runners
495	0:52:42	8612	Will Beeston	Tonbridge Ac	595	0:53:45	8517	Jack Lancefield	Thames Hare & Hounds
496	0:52:43	7645	Mark Walker	Macclesfield Harriers & AC	596	0:53:46	6062	Chris Littlejohn	Ampthill & Flitwick Flyers RC
497	0:52:43	6345	William Christofi	Bristol and West AC	597	0:53:46	7366	Peter Lighting	Kent AC
498	0:52:43	6608	Jacob Akers	Corby AC	598	0:53:46	8298	Jono Wood	South London Harriers
499	0:52:43	6178	Ben Hurley	Belgrave Harriers	599	0:53:47	6371	Wayne Watkins	Bromsgrove and Redditch
500	0:52:44	8175	Matthew Latham	Salford Harriers & Ac	600	0:53:47	8671	Jeff Prest	Trafford Athletic Club

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
601	0:53:47	7889	Jake Drysdale	Oxford University AC	701	0:55:16	7182	Tom Cowling	Highgate Harriers
602	0:53:48	8483	James Donald	Team Bath Athletic Club	702	0:55:18	7566	Tom Fancett	London Heathside
603	0:53:49	8013	Peter Cook	Reading AC	703	0:55:19	7062	James Eve	Headington RR
604	0:53:49	6836	Paul Boddey	Eton Manor AC	704	0:55:20	8404	Matthew Statham	Staffs Moorlands AC
605	0:53:51	8844	Will Breeze	Ware Joggers	705	0:55:21	8928	David Sharman	Wimbledon Windmilers
606	0:53:52	8092	Tom Beach	Royston Runners	706	0:55:21	7684	Patrick Wright	Matlock Athletic Club
607	0:53:53	7194	Alex Holley	Highgate Harriers	707	0:55:22	8929	Gareth Tomlinson	Wimbledon Windmilers
608	0:53:54	7183	Michael Dan	Highgate Harriers	708	0:55:22	8254	Aaron Francis	Sheffield RC
609	0:53:54	8764	Paul O'Mara	Tyne Bridge Harriers	709	0:55:25	7320	Paul Wain	Ipswich Jaffa RC
610	0:53:55	7592	Oliver Negus	London Heathside	710	0:55:26	6238	Paul Jolliffe	Birmingham Running Athletic
611	0:53:56	6977	Andrew Yapp	Halesowen ACC	711	0:55:29	8358	Michael Ah-Chung	St Albans Striders
612	0:53:57	6841	Simon Cottle	Eton Manor AC	712	0:55:31	7348	Stuart Beaney	Kent AC
613	0:53:58	7333	Joe Todd	Kendal Amateur Athletic Club	713	0:55:33	6181	Rob Kelly	Belgrave Harriers
614	0:53:58	7278	Ty Farrer	Huntingdonshire AC	714	0:55:34	7685	Harry Collins	Medway And Maidstone AC
615	0:53:58	8040	Tony Page	Reading Roadrunners	715	0:55:35	6466	Will Parrott	Chelmsford AC
616	0:54:00	7354	Ian Ellwood	Kent AC	716	0:55:35	8185	Christopher Tully	Salford Harriers & Ac
617	0:54:04	7336	Ryan Baker	Kenilworth Runners	717	0:55:36	7768	David Robinson	Newark AC
618	0:54:05	6172	Abdulla Elsadig	Belgrave Harriers	718	0:55:36	6447	Sam Dowler	Central Park Athletics
619	0:54:06	6654	Omar Harhara	Croydon Harriers	719	0:55:37	7050	James Blogg	Havering AC
620	0:54:06	8831	Daniel Anderson	Wallasey Athletic Club	720	0:55:37	8146	David Marsh	Sale Harriers Manchester
621	0:54:06	6202	James Williams	Belgrave Harriers	721	0:55:37	7738	Darren Souster	Mornington Chasers
622	0:54:08	6325	Howard Bristow	Brighton & Hove AC	722	0:55:38	8575	Ed Buckley	The Stragglers Running Club
623	0:54:08	6006	Simon Jones	Abbey Runners	723	0:55:39	6260	Gregory Firth	Blackheath & Bromley Harriers
624	0:54:09	8292	Alex Lyne	South London Harriers	724	0:55:40	6055	Ted Murray	Altrincham & District Athletic
625	0:54:09	6629	Clark Roberts	Coventry Godiva Harriers	725	0:55:41	6423	Luke Martin	Cambridge Harriers
626	0:54:09	8057	Stephen Bass	Reigate Priory AC	726	0:55:41	6028	Marcus Irving	Aldershot Farnham & District
627	0:54:11	6266	Fintan Parkinson	Blackheath & Bromley Harriers	727	0:55:42	8384	Douglas Hobson	St Albans Striders
628	0:54:12	6102	Thomas Thain	Barnet & District AC	728	0:55:42	7471	Charles Mead	Leighton Buzzard Athletic Club
629	0:54:12	7055	John Whitehead	Havering AC	729	0:55:43	8155	Tom Stephenson	Sale Harriers Manchester
630	0:54:14	6200	David Walsh	Belgrave Harriers	730	0:55:43	6532	Anton Weatherhead	City Of Salisbury AC & RC
631	0:54:15	7246	Luke Myers	Holme Pierrepont Rc	731	0:55:43	8595	Tom Acha	Tipton Harriers
632	0:54:16	6947	Edwin Dixon	Guildford & Godalming AC	732	0:55:44	7673	Stephan Ratcliffe	Marshall Milton Keynes AC
633	0:54:17	8809	Tiago Mendes	Victoria Park Harriers And To	733	0:55:44	7571	Jonathan Halliwell	London Heathside
634	0:54:18	8332	Matthew Randall	Southend On Sea AC	734	0:55:44	8192	Romain Benvenuto	Serpentine RC
635	0:54:18	8945	Ben Findlay	Winchester & District AC	735	0:55:45	8932	Simon Wright	Wimbledon Windmilers
636	0:54:19	8788	Sam Cathro	Victoria Park Harriers And To	736	0:55:45	7952	Barry Miller	Poole AC
637	0:54:19	6906	Peter Grimoldby	Gateshead Harriers & AC	737	0:55:46	7372	Arif Merali	Kent AC
638	0:54:20	6834	Daniel Wolff	Epsom & Ewell Harriers	738	0:55:46	6676	Jamie Marlow	Dacorum Athletic Club
639	0:54:20	7106	Austin Hall	Hercules Wimbledon AC	739	0:55:46	8862	William Brotherston	Watford Joggers
640	0:54:21	9000	Julian Russell	Woodford Green AC with Ess	740	0:55:48	6941	James Adams	Guildford & Godalming AC
641	0:54:22	9014	Dean Childs	Wycombe Phoenix Harriers &	741	0:55:48	6730	James Burrows	Dulwich Runners AC
642	0:54:24	8471	Ethan Pierce	Swindon Harriers	742	0:55:48	8330	Dominic Le Mare	Southend On Sea AC
643	0:54:27	8214	Ewan Maynard	Serpentine RC	743	0:55:50	6713	Chris Reeh	Dorking & Mole Valley AC
644	0:54:31	6843	George Fernandez	Eton Manor AC	744	0:55:51	7443	Dave Smith	Leigh Harriers & Ac
645	0:54:36	8677	James Arrowsmith	Trent Park Running Club	745	0:55:51	6534	Ashley Dennett	City Of Stoke AC
646	0:54:36	8676	Ben Allen	Trent Park Running Club	746	0:55:54	7787	Andrew Walker	Newcastle Staffs Ac
647	0:54:37	6120	Kyle Hurst	Bearbrook Running Club	747	0:55:55	8154	Matthew Spragg	Sale Harriers Manchester
648	0:54:38	7455	Dean Ovel	Leigh on Sea Striders	748	0:55:56	8002	David Lawley	Ranelagh Harriers
649	0:54:39	7056	Galen Aymar	Headington RR	749	0:55:57	7608	Matthew Wheat	London Heathside
650	0:54:40	7360	Richard Giles	Kent AC	750	0:55:58	7759	Will Newbery	New Forest Runners
651	0:54:40	8151	Phil Richardson	Sale Harriers Manchester	751	0:55:59	8915	Mark Morgan-Hillam	Wigan & District H & AC
652	0:54:42	8581	Alastair Hall	The Stragglers Running Club	752	0:55:59	6966	Peter Dear	Halesowen ACC
653	0:54:45	8017	Arturo Martinez De Murguia	Reading AC	753	0:55:59	7631	Kevin Willsher	Lordshill Road Runners
654	0:54:45	8450	Michael Edwards	Sunderland Harriers & AC	754	0:56:00	8701	Rob Baldock	Tri London
655	0:54:46	7595	Benjamin Palmer	London Heathside	755	0:56:02	8804	Julien Lepretre	Victoria Park Harriers And To
656	0:54:46	6192	Valentin Rigori	Belgrave Harriers	756	0:56:02	6255	Darren Corneille	Blackheath & Bromley Harriers
657	0:54:47	6878	Stephen McLeod	Fulham Running Club	757	0:56:03	7587	Paul Mercer	London Heathside
658	0:54:47	8689	William Rowley	Trent Park Running Club	758	0:56:04	8823	Alex Thompson	Victoria Park Harriers And To
659	0:54:48	8161	Paul Bannister	Salford Harriers & Ac	759	0:56:05	6911	Nathaniel Hicks	Glossopdale Harriers
660	0:54:49	8508	Oliver Garner	Thames Hare & Hounds	760	0:56:06	6961	Mark Tennyson	Guildford & Godalming AC
661	0:54:51	6547	Jonathan Fawcett	Clapham Chasers	761	0:56:06	8749	Edward Steele	Tunbridge Wells Harriers
662	0:54:52	8524	Ashley Middlewick	Thames Hare & Hounds	762	0:56:07	8511	Richard Hewitt	Thames Hare & Hounds
663	0:54:53	8815	Elliot Parker	Victoria Park Harriers And To	763	0:56:07	8520	David Maasdorp	Thames Hare & Hounds
664	0:54:53	6130	Michael Channing	Bedford & County AC	764	0:56:07	6815	Michael Littlewood	Elvet Striders
665	0:54:54	7892	James Morris	Oxford University AC	765	0:56:09	6014	Richard Gould	Alchester Running Club
666	0:54:54	6138	Steven Herring	Bedford & County AC	766	0:56:10	6162	Andrew Taplin	Beeston AC
667	0:54:54	8173	David Hudson	Salford Harriers & Ac	767	0:56:10	7041	Declan Traynor	Harrow AC
668	0:54:55	7241	Scott Barnes	Holme Pierrepont Rc	768	0:56:12	8849	Tom Porter	Ware Joggers
669	0:54:55	8863	Jack Chubb	Watford Joggers	769	0:56:13	8515	Petter Johnsen	Thames Hare & Hounds
670	0:54:56	6609	Adam Eales	Corby AC	770	0:56:13	7036	Chris Finill	Harrow AC
671	0:54:56	8533	Andy Weir	Thames Hare & Hounds	771	0:56:15	6552	Sam Heward	Clapham Chasers
672	0:54:57	7743	Henry Woodward	Mornington Chasers	772	0:56:16	8950	Peter Sansome	Winchester & District AC
673	0:54:58	7814	Mark Vaughan	North Herts Road Runners	773	0:56:17	8110	Adrian Kaczmarek	Rugby & Northampton Ac
674	0:54:59	6147	Ewan Wilson	Bedford & County AC	774	0:56:18	6877	Frederick Levy	Fulham Running Club
675	0:55:00	6283	Ross Landon	Border Harriers & Ac	775	0:56:19	6107	Geoffrey Beetham	Garrow Runners
676	0:55:01	6146	Christopher Riley	Bedford & County AC	776	0:56:20	8321	Alex Hutchison	Southampton University Athl
677	0:55:01	8970	James Walker	Windsor Slough Eton & Houn	777	0:56:22	6570	Sonny Williams	Clapham Chasers
678	0:55:01	6545	Martin Brierley-Rutter	Clapham Chasers	778	0:56:23	8172	Michael Heaney	Salford Harriers & Ac
679	0:55:02	6275	Christopher McCarthy	Blackpool Wyre & Fylde AC	779	0:56:23	6775	Samuel Gunnewicht	Ealing Southall & Middlesex A
680	0:55:02	8411	Alec Francis	Stockport Harriers & AC	780	0:56:24	7274	Rory Graham	Houghton Harriers & Ac
681	0:55:04	6439	Henry Cox	Canterbury Harriers	781	0:56:26	7492	Thomas Seller	Lingfield RC
682	0:55:04	7568	Peter Gould	London Heathside	782	0:56:26	6494	Ben McCormack	Chorlton Runners
683	0:55:04	6732	Kevin Chadwick	Dulwich Runners AC	783	0:56:27	6338	Sam Appleton	Bristol and West AC
684	0:55:04	7362	Luke Hack	Kent AC	784	0:56:27	8596	Steve Brookes	Tipton Harriers
685	0:55:05	7463	Will Eastman	Leighton Buzzard Athletic Club	785	0:56:27	8674	Naeem Stevens	Trafford Athletic Club
686	0:55:06	6506	Harvey Lake	City Of Norwich AC	786	0:56:28	7615	Lewis Bailey	Lordshill Road Runners
687	0:55:07	6850	James Pilch	Eton Manor AC	787	0:56:28	8822	Patrick Thomas	Victoria Park Harriers And To
688	0:55:08	7047	Sean Parker-Harding	Hastings AC	788	0:56:29	7234	James Ellis	Holland Sports AC
689	0:55:09	8847	Kevin Francis	Ware Joggers	789	0:56:29	8228	Christopher Tsantoulas	Serpentine RC
690	0:55:11	7869	Andrew Massey	Nuneaton Harriers	790	0:56:31	7155	Ben Millar	Herne Hill Harriers
691	0:55:12	8775	Dean Evans	Vegan Runners UK	791	0:56:32	7770	Christopher Ward	Newark AC
692	0:55:14	8349	Sergio Torija	Sphinx AC	792	0:56:33	7966	Marc Ellis	Quakers Running Club
693	0:55:14	6435	Connor O'Pray	Cambridge University Hare ar	793	0:56:34	6543	Martin Bell	Clapham Chasers
694	0:55:14	7619	Patrick Connors	Lordshill Road Runners	794	0:56:35	8221	Tim Powell	Serpentine RC
695	0:55:14	7516	Christopher Speed	London City Athletics Club	795	0:56:36	7057	Andrew Bradley	Headington RR
696	0:55:15	7448	Jim Dodsworth	Leigh on Sea Striders	796	0:56:36	7585	Joseph McKeown	London Heathside
697	0:55:15	8085	Andy Bradley	Royal Sutton Coldfield Athleti	797	0:56:36	7184	Alex Davidson	Highgate Harriers
698	0:55:15	8490	Chris Maxwell	Team Bath Athletic Club	798	0:56:38	8917	Rob Downs	Wilmslow Running Club
699	0:55:16	8222	Andrew Reeves	Serpentine RC	799	0:56:40	6123	Ross Tyrrell	Beaumont RC
700	0:55:16	8231	Matthew Vokes	Serpentine RC	800	0:56:41	7364	Fergus Johnson	Kent AC

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
801	0:56:42	6163	Harry Taylor	Beeston AC	901	0:58:09	6797	George Lewis	East Cheshire Harriers & Tam
802	0:56:46	8287	Jack Harrison	South London Harriers	902	0:58:10	7772	Ben Wickens	Newbury AC
803	0:56:47	8462	Damien Hersey	Sutton Runners	903	0:58:10	6273	Sean Kenny	Blackpool Wyre & Fylde AC
804	0:56:47	7662	George Dickinson	Manx Harriers	904	0:58:10	6567	Gary Salmon	Clapham Chasers
805	0:56:48	7649	Cameron Chambers	Maidstone Harriers	905	0:58:12	8264	David Garji	Sinfin Running Club
806	0:56:49	7942	Richard Greatbatch	Pitsea RC	906	0:58:13	8060	Ben Stanton	Reigate Priory AC
807	0:56:50	6967	James Hoult	Halesowen ACC	907	0:58:14	6367	Scott Beverley	Bromsgrove and Redditch
808	0:56:51	8514	Bob Hoogendoorn	Thames Hare & Hounds	908	0:58:14	7910	Kevin Howarth	Petts Wood Runners
809	0:56:53	7603	Nathan Tipping	London Heathside	909	0:58:15	7162	Jonathan Ratcliffe	Herne Hill Harriers
810	0:56:53	6158	David Nelson	Beeston AC	910	0:58:15	8948	Andy Parkinson	Winchester & District AC
811	0:56:53	8894	Jack Derrick	Westbury Harriers	911	0:58:16	7883	Colin Read	Orion Harriers
812	0:56:53	7508	Ryan Whiston	Liverpool Harriers & AC	912	0:58:17	9018	Tim Hogbin	Wycombe Phoenix Harriers &
813	0:56:54	8009	Jonathan Smith	Ranelagh Harriers	913	0:58:17	7534	Ben Whicher	London City Runners
814	0:56:54	8201	James Gillanders	Serpentine RC	914	0:58:18	6736	Eugene Cross	Dulwich Runners AC
815	0:56:56	6579	Gerald Buck	Colchester & Tendring AC	915	0:58:19	8219	Brett Osler	Serpentine RC
816	0:56:57	8196	Angus Brown	Serpentine RC	916	0:58:19	8685	Stephen Moss	Trent Park Running Club
817	0:56:58	6789	Nick Steel	Ealing Southall & Middlesex A	917	0:58:21	8249	Robert Rigby	Shaftesbury Barnet Harriers
818	0:56:59	8746	Alex Reid	Tunbridge Wells Harriers	918	0:58:22	7618	Neil Catchlove	Lordshill Road Runners
819	0:56:59	7601	Jake Spencer	London Heathside	919	0:58:22	8253	Robert Addenbrooke	Sheffield RC
820	0:56:59	8388	Jordan Lister	St Albans Striders	920	0:58:24	7085	John Sturman	Heaton Harriers & AC
821	0:56:59	8449	Christopher Bell	Sunderland Harriers & AC	921	0:58:24	7507	Adrian Roach	Liverpool Harriers & AC
822	0:57:01	6853	Graham White	Eton Manor AC	922	0:58:24	7721	Andy Davies	Mornington Chasers
823	0:57:02	6649	Henry Butt	Croydon Harriers	923	0:58:25	7661	Roger Thomas	Manchester Triathlon Club
824	0:57:04	6825	Stuart Flack	Epsom & Ewell Harriers	924	0:58:27	7817	Vincent Wright	North Herts Road Runners
825	0:57:05	8482	Thomas Davies	Team Bath Athletic Club	925	0:58:28	7226	Dominic Speight	Hillingdon AC
826	0:57:06	7129	James Brown	Herne Hill Harriers	926	0:58:29	6010	Isaac Harding	Abingdon AC
827	0:57:07	7435	Patrick Vis	Leeds City Athletic Club	927	0:58:29	7821	Sean Maley	North Shields Polytechnic Clu
828	0:57:08	7495	Matthew Brown	Littledown Harriers	928	0:58:32	8865	Tim Cook	Watford Joggers
829	0:57:08	8801	Dariusz Kabulski	Victoria Park Harriers And To	929	0:58:32	7004	Jon Slate	Hallamshire Harriers Sheffield
830	0:57:10	8497	Paul Obrien	Telford AC	930	0:58:32	6555	Jeremy Judge	Clapham Chasers
831	0:57:11	8836	James Duthie	Wallsend Harriers & Ac	931	0:58:33	6942	Robin Boon	Guildford & Godalming AC
832	0:57:11	6049	Michael Morley	Aldridge RC	932	0:58:33	7958	Andy Howse	Poole Runners
833	0:57:12	7346	Daniel Ansell	Kent AC	933	0:58:33	8031	Matthew Davies	Reading Roadrunners
834	0:57:12	7317	Jack Noble	Ipswich Jaffa RC	934	0:58:33	7873	Paul Smith	Nuneaton Harriers
835	0:57:13	7484	Christopher Taylor	Lincoln Wellington Athletic Cl	935	0:58:34	6762	Matt Kaufman	Ealing Eagles Running Club
836	0:57:14	6607	Bryan Lomas	Congleton Harriers	936	0:58:34	8130	Mike Ashby	Sale Harriers Manchester
837	0:57:15	7699	Stephane Prud Homme	Mendip Triathlon and Runnin	937	0:58:35	8265	Jacob Garji	Sinfin Running Club
838	0:57:17	7185	William Dawber	Highgate Harriers	938	0:58:35	6577	Stephen Dring	Cleethorpes AC
839	0:57:18	6686	Matt Davison	Dartford Road Runners	939	0:58:35	7136	Chris De Mauny	Herne Hill Harriers
840	0:57:18	8105	Vincent Carroll	Rugby & Northampton Ac	940	0:58:36	8190	Chris Lines	Sedgefield Harriers
841	0:57:19	7148	Mohammed Ismail	Herne Hill Harriers	941	0:58:37	7206	Harry Osborn	Highgate Harriers
842	0:57:19	7271	Lee James Dover	Houghton Harriers & Ac	942	0:58:37	8136	Conor Donaghy	Sale Harriers Manchester
843	0:57:20	7040	Adam Towle	Harrow AC	943	0:58:38	8641	Tom Rule	Tonbridge AC
844	0:57:21	7557	Paul Beale	London Heathside	944	0:58:38	8834	Martin Crozier	Wallsend Harriers & Ac
845	0:57:22	6976	Richard White	Halesowen ACC	945	0:58:38	8611	James Beeston	Tonbridge AC
846	0:57:22	9031	Tom Ratcliffe	York Knavesmire Harriers	946	0:58:38	6333	James Hampshire	Brighton Phoenix
847	0:57:23	7786	Jerome Stevens	Newcastle Staffs Ac	947	0:58:39	7396	Joshua Cannell	Kettering Town Harriers
848	0:57:23	6011	Aric Klukowski	Abingdon AC	948	0:58:40	8395	Adam Webster	St Albans Striders
849	0:57:23	7200	Adam Lennox	Highgate Harriers	949	0:58:42	7144	Muhamud Haile	Herne Hill Harriers
850	0:57:24	9004	Robert Wilbraham	Woodford Green AC with Ess	950	0:58:44	7444	Phillip Williams	Leigh Harriers & Ac
851	0:57:26	7313	Chris Hill	Invicta East Kent AC	951	0:58:48	6488	Luke Donald	Chorlton Runners
852	0:57:28	8684	Francis Mannion	Trent Park Running Club	952	0:58:48	6642	Paul Luttmann	Crawley Saints & Sinners Run
853	0:57:28	9029	Toby Hone	York Knavesmire Harriers	953	0:58:49	8902	Ben Wood	Westbury Harriers
854	0:57:29	8748	James Sarre	Tunbridge Wells Harriers	954	0:58:53	7736	Alaa Shasheet	Mornington Chasers
855	0:57:30	7400	Tim Livesley	Kings Heath RC - The Lions	955	0:58:53	8710	Thomas Rigard-Asquith	Tri London
856	0:57:31	7694	Alun Rodgers	Medway And Maidstone Ac	956	0:58:54	7078	Joe Henstock	Heanor Running Club
857	0:57:31	6465	Nick Hunter	Chelmsford AC	957	0:58:56	8768	Will Lloyd	Tynedale Harriers & AC
858	0:57:31	6944	Mathias Cartailleur	Guildford & Godalming AC	958	0:58:56	8335	John Staunton	Southend On Sea Ac
859	0:57:32	7342	Harry Purewal	Kenilworth Runners	959	0:58:57	8476	Howard Bush	Tamworth AC
860	0:57:33	7452	Damien Harvey	Leigh on Sea Striders	960	0:58:58	8068	Richard Stirzaker	Rochdale Harriers & AC
861	0:57:37	8613	Anthony Bennett	Tonbridge Ac	961	0:58:58	7715	John Armstrong	Mornington Chasers
862	0:57:37	6490	Paul Griffiths	Chorlton Runners	962	0:58:58	7996	James Welch	Queen's Park Harriers
863	0:57:38	7987	Maciej Kolterniak	Queen's Park Harriers	963	0:58:58	8432	Matthew Stone	Striders Of Croydon
864	0:57:40	6017	Michael Boucher	Aldershot Farnham & District	964	0:58:59	8233	Philip Whitehouse	Serpentine RC
865	0:57:40	6908	Jonathan Malley	Gateshead Harriers & AC	965	0:59:01	8003	Christopher Lepine	Ranelagh Harriers
866	0:57:40	6235	Ben Beaumont	Birmingham Running Athletic	966	0:59:02	6214	Simon Wells	Bexley Ac
867	0:57:41	8027	Ben Ashby	Reading Roadrunners	967	0:59:03	8926	Philip Reeves	Wimbledon Windmilers
868	0:57:42	8291	Graham Lane	South London Harriers	968	0:59:03	6709	Bruce Harrold	Dorking & Mole Valley AC
869	0:57:43	6525	Peter Callanan	City Of Salisbury AC & RC	969	0:59:04	8496	Dean Gapper	Telford AC
870	0:57:44	8681	Paul Brennan	Trent Park Running Club	970	0:59:05	6738	Joe Farrington-Douglas	Dulwich Runners AC
871	0:57:44	6854	Dylan Williams	Eton Manor AC	971	0:59:05	7409	Gregory Turner	Knowle & Dorridge RC
872	0:57:44	7576	Nicholas Hodges-Gibson	London Heathside	972	0:59:06	7046	Nickolaj Kennett	Hastings AC
873	0:57:44	6486	Oliver Bernstein	Chorlton Runners	973	0:59:07	8359	Edward Anders	St Albans Striders
874	0:57:45	8430	Sebastian Munday	Striders Of Croydon	974	0:59:07	7263	Chris Essex-Crosby	Horwich R M I Harriers
875	0:57:46	7254	Curtis Firth	Holmfirth Harriers AC	975	0:59:07	6468	Harrison Miles	Cheltenham and County Harr
876	0:57:47	7635	Jon Whitehouse	Loughton AC	976	0:59:08	7538	Tim Charters	London Frontrunners
877	0:57:47	6385	Graham Anderson	Cambridge & Coleridge AC	977	0:59:09	6429	Christian Poulton	Cambridge Harriers
878	0:57:48	6920	James Walters	Gloucester AC	978	0:59:10	7166	Ollie White	Herne Hill Harriers
879	0:57:50	6599	Matt Shaw	Colchester Harriers AC	979	0:59:11	7335	Richard Wilson	Kendal Amateur Athletic Club
880	0:57:50	7904	Benjamin Hewitt	Peterborough & Nene Valley	980	0:59:11	6078	Ian King	Ashford AC
881	0:57:52	6808	Robert Spread	East London Runners	981	0:59:12	6921	Graham Atkins	GoodGym Race Team
882	0:57:56	6910	Steve Crossman	Glossopdale Harriers	982	0:59:12	6482	Chris West	Chichester Runners & AC
883	0:57:57	7663	Andrew Falconer	Manx Harriers	983	0:59:13	6550	Derek Green	Clapham Chasers
884	0:57:57	8975	Michael Wilkinson	Wirral AC	984	0:59:14	7380	William Palmer	Kent AC
885	0:57:57	8967	Toby Rowlands	Windsor Slough Eton & Houn	985	0:59:14	7251	Sam Williams-Duncan	Holme Pierrepont RC
886	0:58:00	6244	Ian Robinson	Birtley AC	986	0:59:16	8329	Alec Louis Kyriakides	Southend On Sea Ac
887	0:58:01	6640	Andrew Kerr	Crawley Saints & Sinners Run	987	0:59:17	8194	Michele Bottone	Serpentine RC
888	0:58:02	8047	Peter McNally	Redhill Road Runners	988	0:59:18	7221	Scott Farley	Hillingdon AC
889	0:58:02	8074	Andy Preston	Rossendale Harriers & AC	989	0:59:20	8763	David Moir	Tyne Bridge Harriers
890	0:58:02	8943	David Comb	Winchester & District AC	990	0:59:21	8693	Mark Espley	Trentham RC
891	0:58:03	8852	George Dibble	Warley Woods Pacers	991	0:59:21	7161	Nash Pradhham	Herne Hill Harriers
892	0:58:04	6177	Miles Horn	Belgrave Harriers	992	0:59:21	7376	Chris Mullin	Kent AC
893	0:58:04	7190	Callum Gordon	Highgate Harriers	993	0:59:25	6572	Callum Zorn-Singh	Clapham Chasers
894	0:58:05	7741	Jonathan Thomson	Mornington Chasers	994	0:59:26	7395	Rafal Buzuk	Kettering Town Harriers
895	0:58:06	8712	Simon Barnett	Tring RC	995	0:59:27	6045	Lee Harris	Aldridge RC
896	0:58:07	8283	Gavin Englefield	South London Harriers	996	0:59:28	6560	Seb Moulding	Clapham Chasers
897	0:58:07	8099	Tim Jones	Royston Runners	997	0:59:28	7322	Robert Connetta	Istead & Ifield Harriers
898	0:58:08	8578	Donovan Duffy	The Stragglers Running Club	998	0:59:29	8301	Jonathan Bean	Southampton Athletic Club
899	0:58:08	8259	James Thompson	Sheffield RC	999	0:59:29	8791	Alex Douglas	Victoria Park Harriers And To
900	0:58:09	8229	William Tucker	Serpentine RC	1000	0:59:29	8892	Alastair Blackwood	Westbury Harriers

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1001	0:59:29	6253	Roger Beswick	Blackheath & Bromley Harrie	1101	1:00:45	6900	Chris Jones	Garden City Runners
1002	0:59:30	9027	Giles Hawking	York Knavesmire Harriers	1102	1:00:45	8696	Ian Heath	Trentham RC
1003	0:59:30	8487	Tim Hill	Team Bath Athletic Club	1103	1:00:45	8217	Graham O'Donoghue	Serpentine RC
1004	0:59:31	6755	Gower Tan	Dulwich Runners AC	1104	1:00:47	7244	David Laws	Holme Pierrepont Rc
1005	0:59:31	8493	Aiden Wiffen	Team Bath Athletic Club	1105	1:00:48	8295	David Ogden	South London Harriers
1006	0:59:31	8810	Abdillahi Mohamed	Victoria Park Harriers And To	1106	1:00:49	7872	Andy Parkes	Nuneaton Harriers
1007	0:59:31	8805	George Long	Victoria Park Harriers And To	1107	1:00:49	6124	Mehul Vaitha	Beaumont RC
1008	0:59:33	7407	Robert Mundy	Knowle & Dorridge RC	1108	1:00:51	8570	Jacob Burton	Thanet Roadrunners AC
1009	0:59:33	6631	Stefan Schlag	Coventry Godiva Harriers	1109	1:00:52	6995	James Hartley	Hallamshire Harriers Sheffield
1010	0:59:33	7176	Chris Beecham	Highgate Harriers	1110	1:00:53	6734	Lloyd Collier	Dulwich Runners AC
1011	0:59:33	7048	Gary Atkins	Havering AC	1111	1:00:54	6499	Matthew Southerby	Chorlton Runners
1012	0:59:34	7294	Daniel Holeyman	Ilford AC	1112	1:00:54	7545	Alex Hellier	London Frontrunners
1013	0:59:34	7692	Joshua Nice	Medway And Maidstone AC	1113	1:00:56	7132	Trevor Chilton	Herne Hill Harriers
1014	0:59:35	8931	Robbie Ventham	Wimbledon Windmilers	1114	1:01:00	6186	Patrick McDougall	Belgrave Harriers
1015	0:59:37	6079	Sahil Sood	Ashford AC	1115	1:01:03	6042	Robert Wakefield	Aldershot Farnham & District
1016	0:59:37	7764	Adrian Dix	Newark AC	1116	1:01:04	7202	Joseph Lowe	Highgate Harriers
1017	0:59:38	7306	John Reynolds	Ilkeston Running Club	1117	1:01:04	8454	David Lash	Sunderland Harriers & AC
1018	0:59:40	7823	Rory Anderson	Northbrook Athletic Club	1118	1:01:05	8845	Neil Bull	Ware Joggers
1019	0:59:42	7491	Simon Moore	Lingfield RC	1119	1:01:06	8942	Robert Carter	Winchester & District AC
1020	0:59:42	6884	John Wray	Fulham Running Club	1120	1:01:09	7539	Euan Cheyne	London Frontrunners
1021	0:59:42	7218	Daniel Tombor	Highgate Harriers	1121	1:01:11	7529	Matthew Luck	London City Runners
1022	0:59:43	7437	Zejun Yao	Leeds University AC and CC C	1122	1:01:11	8702	Adam Chown	Tri London
1023	0:59:44	7918	Andy Tippet	Petts Wood Runners	1123	1:01:13	7527	Christopher Gynn	London City Runners
1024	0:59:46	7870	Matiss Murphy	Nuneaton Harriers	1124	1:01:15	7058	See Wah Cheng	Headington RR
1025	0:59:46	6845	Russell Jones	Eton Manor AC	1125	1:01:16	8973	Mark Hulmston	Wirral AC
1026	0:59:47	6857	Ciaran McAeneny	Fairlands Valley Spartans	1126	1:01:16	8655	Steve Weeks	Torbay AAC
1027	0:59:47	6903	Dom Thomas	Garden City Runners	1127	1:01:17	7012	Stephen May	Halstead RRC
1028	0:59:48	8813	Ethan O'Brien	Victoria Park Harriers And To	1128	1:01:18	7785	Matthew Robinson	Newcastle Staffs AC
1029	0:59:48	7370	Iago Martinez	Kent AC	1129	1:01:18	7660	Tim Johns	Manchester Triathlon Club
1030	0:59:49	6618	Peter Eccleston	Coventry Godiva Harriers	1130	1:01:18	8785	Richard Bryant	Victoria Park Harriers And To
1031	0:59:50	6782	Jonathan Horan	Ealing Southall & Middlesex /	1131	1:01:18	7945	Michael Woodward	Pitsea Rc
1032	0:59:52	6814	Ben Hoare	Elvet Striders	1132	1:01:18	8848	Jamie Higgs	Ware Joggers
1033	0:59:53	8096	Richard Harrison	Royston Runners	1133	1:01:19	8726	Matthew Clements	Tunbridge Wells Harriers
1034	0:59:53	6558	David Lyons Whyte	Clapham Chasers	1134	1:01:20	9019	Clark Schofield	Wycombe Phoenix Harriers &
1035	0:59:53	6617	Daniel Dalton	Coventry Godiva Harriers	1135	1:01:21	6009	Cy Toplis	Abbey Runners
1036	0:59:54	7285	Dan Isted	HY Runners	1136	1:01:22	7583	Gareth Marshall	London Heathside
1037	0:59:54	8807	Dan McPhillimey	Victoria Park Harriers And To	1137	1:01:22	7739	Lachlan Stibbard Hawkes	Mornington Chasers
1038	0:59:59	6166	Lawrence Burton	Belgrave Harriers	1138	1:01:24	8120	David Gandee	Rushcliffe Ac
1039	1:00:00	7334	Matthew Wilson	Kendal Amateur Athletic Club	1139	1:01:25	7624	Chris Lowrey	Lordshill Road Runners
1040	1:00:01	8064	David David	Richmond & Zetland Harriers	1140	1:01:26	6484	Ian Lawson	Chiltern Harriers AC
1041	1:00:01	9012	Joe Branch	Wycombe Phoenix Harriers &	1141	1:01:27	8360	Nigel Aston	St Albans Striders
1042	1:00:02	8779	Badar Al Raisi	Victoria Park Harriers And To	1142	1:01:27	8456	Paul Redman	Sunderland Harriers & AC
1043	1:00:02	8506	Chris Daniels	Thames Hare & Hounds	1143	1:01:29	6155	Michael Lyons	Beeston AC
1044	1:00:02	7473	Warren Rose	Leighton Buzzard Athletic Clu	1144	1:01:29	6075	Adrian Moody	Ashford & District RRC
1045	1:00:03	8005	Neil Rae	Ranelagh Harriers	1145	1:01:29	6496	Ian Sharpe	Chorlton Runners
1046	1:00:04	6069	Paul Crisp	Ashford & District RRC	1146	1:01:30	7071	Laurie Wilkinson	Headington RR
1047	1:00:04	7726	Callum Gathercole	Mornington Chasers	1147	1:01:31	7152	Jonathon Key	Herne Hill Harriers
1048	1:00:06	8209	Raoul Huysmans	Serpentine RC	1148	1:01:31	8657	Scott Baxendale-White	Totton RC
1049	1:00:06	8765	Ian Pickett	Tyne Bridge Harriers	1149	1:01:32	6812	Michael Russell	Elswick Harriers
1050	1:00:08	8043	Oliver Watts	Reading Roadrunners	1150	1:01:33	8767	Andy Green	Tynedale Harriers & AC
1051	1:00:09	7077	Andy Harding	Heanor Running Club	1151	1:01:33	6421	Clinton Lowe	Cambridge Harriers
1052	1:00:11	6408	Charlie Allen	Cambridge Harriers	1152	1:01:34	7377	Laurie Oliver	Kent AC
1053	1:00:12	6946	Ian Davies	Guildford & Godalming AC	1153	1:01:34	6685	Nicholas Varley	Dartford Harriers AC
1054	1:00:13	7461	Matthew Brooks	Leighton Buzzard Athletic Clu	1154	1:01:34	8888	Alex Veres	West 4 Harriers
1055	1:00:14	7472	Greg Pearce	Leighton Buzzard Athletic Clu	1155	1:01:36	7483	Sam Shuttleworth	Lincoln Wellington Athletic Cl
1056	1:00:16	6806	Scott McMillan	East London Runners	1156	1:01:37	6206	Ian Boardley	Beverley Athletic Club
1057	1:00:16	7133	Keith Collins-Achong	Herne Hill Harriers	1157	1:01:38	8955	Patrick Batty	Windrush Triathlon Club
1058	1:00:17	7276	Steven Church	Huntingdonshire AC	1158	1:01:41	6978	Ryan Barker	Halfax Harriers & AC
1059	1:00:17	7734	Rendy Prakoso	Mornington Chasers	1159	1:01:42	8063	Andrew Simpson	Retford AC
1060	1:00:17	8425	Phil Reading	Stratford Upon Avon AC	1160	1:01:43	6704	Dennis Earl	Dorking & Mole Valley AC
1061	1:00:17	6561	Ian Napier	Clapham Chasers	1161	1:01:44	7193	Henry Heatherwick-Lammer	Highgate Harriers
1062	1:00:19	8039	Lance Nortcliff	Reading Roadrunners	1162	1:01:44	8714	Kevin Berg	Tring RC
1063	1:00:20	6949	Ben Gilmore	Guildford & Godalming AC	1163	1:01:44	6823	William Caruana	Epsom & Ewell Harriers
1064	1:00:21	7069	Richard Skilbeck	Headington RR	1164	1:01:47	6956	David Renshaw	Guildford & Godalming AC
1065	1:00:24	8132	Paul Barrett	Sale Harriers Manchester	1165	1:01:47	6895	Steve Ellerd-Elliott	Garden City Runners
1066	1:00:25	6809	Philip Cooper	Eden Runners	1166	1:01:47	6005	Tom Sellen	26.2 Road Runners Club
1067	1:00:27	8729	Matthew Ferris	Tunbridge Wells Harriers	1167	1:01:47	8557	Christian Nielsen	Thames Valley Harriers
1068	1:00:28	7748	Jason Dawson	Morpeth Harriers & Ac	1168	1:01:48	8880	Douglas Fry	West 4 Harriers
1069	1:00:29	6774	Adam Goodman	Ealing Southall & Middlesex /	1169	1:01:49	7831	Terry Moynihan	Northbrook Athletic Club
1070	1:00:30	8651	Joseph Watts	Tonbridge Ac	1170	1:01:50	8650	Jacek Traczynski	Tonbridge Ac
1071	1:00:30	7288	Jamie Webb	HY Runners	1171	1:01:50	7599	Peter Scodie-Ward	London Heathside
1072	1:00:31	8912	Mike Harris	Wigan & District H & AC	1172	1:01:50	8448	Mike White	Stubbington Green Runners
1073	1:00:32	6876	Sam Kelly	Fulham Running Club	1173	1:01:50	7600	Rob Shulman	London Heathside
1074	1:00:32	7520	Daniel Carleton	London City Runners	1174	1:01:51	7862	Jack Easthorpe	Nuneaton Harriers
1075	1:00:33	6872	Elliot Dowley	Fulham Running Club	1175	1:01:51	8900	Ewan Paton	Wesbury Harriers
1076	1:00:33	7387	Tim Sharp	Kent AC	1176	1:01:52	8977	Nick Wilson	Wirral AC
1077	1:00:33	6485	James Atkiss	Chorlton Runners	1177	1:01:52	6647	David Brown	Croydon Harriers
1078	1:00:34	8320	Jonathan Findell	Southampton University Athl	1178	1:01:53	7399	Kevin Doyle	Kimberworth Striders
1079	1:00:35	7086	Jason Wall	Heaton Harriers & Ac	1179	1:01:54	8703	Arnaud Delaeter	Tri London
1080	1:00:35	8258	Christopher Moss	Sheffield RC	1180	1:01:54	7834	Jonathan Cordle	Norwich Road Runners
1081	1:00:35	6267	Martin Parkinson	Blackheath & Bromley Harrie	1181	1:01:55	6368	Andrew Freeman	Bromsgrove and Redditch
1082	1:00:35	8911	Sanjay Bisnauthsing	Wigan & District H & AC	1182	1:01:56	8741	Mike King	Tunbridge Wells Harriers
1083	1:00:36	7330	Carl Hanaghan	Kendal Amateur Athletic Club	1183	1:01:59	8215	Kevin McQuaid	Serpentine RC
1084	1:00:37	8700	Liam Tosh	Trentham RC	1184	1:02:00	8530	Iain Sheridan	Thames Hare & Hounds
1085	1:00:37	7308	Tim Ashelford	Ilkley Harriers AC	1185	1:02:01	7724	Simon Fitzmaurice	Mornington Chasers
1086	1:00:38	7536	Alfred Burton	London Frontrunners	1186	1:02:02	6211	Martin Jenner	Bexley Ac
1087	1:00:38	7946	Alan Barnett	Poole Ac	1187	1:02:03	8357	Henry Willis	Springfield Striders RC
1088	1:00:39	8838	Iain Hall	Wallsend Harriers & Ac	1188	1:02:03	8121	Danny McIntyre	Rushcliffe Ac
1089	1:00:40	8987	Greg Asbury	Wolverhampton & Bilston	1189	1:02:05	8463	George Melville	Sutton Runners
1090	1:00:40	8559	Stephen Norris	Thames Valley Harriers	1190	1:02:05	7553	Glyn Wise	London Frontrunners
1091	1:00:40	8140	Olivier Gailemin	Sale Harriers Manchester	1191	1:02:05	8041	Jamie Smith	Reading Roadrunners
1092	1:00:40	6912	Paul Skuse	Glossopdale Harriers	1192	1:02:05	6294	Xenofon Gogouvtis	Bournville Harriers
1093	1:00:41	7574	Liam Hazelton	London Heathside	1193	1:02:06	7606	Valentin Valeanu	London Heathside
1094	1:00:41	6068	James Booth	Ashford & District RRC	1194	1:02:06	7121	Robert Tuer	Hercules Wimbledon AC
1095	1:00:42	8046	Mark Davis	Redhill Road Runners	1195	1:02:06	7530	Benjamin Miller	London City Runners
1096	1:00:43	6620	Matthew Hadlum	Coventry Godiva Harriers	1196	1:02:07	8627	Simon Fraser	Tonbridge Ac
1097	1:00:44	8787	Lee Butler	Victoria Park Harriers And To	1197	1:02:08	8078	Elliott Jackson	Rotherham Harriers And Ac
1098	1:00:44	8122	Graham Moffatt	Rushcliffe Ac	1198	1:02:08	6842	Joshua Dent	Eton Manor AC
1099	1:00:44	8979	Peter Riley	Witham RC	1199	1:02:09	8600	Kristian Karasz	Tipton Harriers
1100	1:00:44	6427	Mark Penny	Cambridge Harriers	1200	1:02:10	6913	Rick Steckles	Glossopdale Harriers

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1201	1:02:12	6904	Mark Westley	Garden City Runners	1301	1:03:45	6263	Steven Hough	Blackheath & Bromley Harrier
1202	1:02:12	7625	Mathew Pidgeon	Lordshill Road Runners	1302	1:03:47	6700	Ben Brading	Dorking & Mole Valley AC
1203	1:02:13	7177	Jacob Billingham	Highgate Harriers	1303	1:03:47	8134	Oliver Bartlett	Sale Harriers Manchester
1204	1:02:14	7458	Scott Thrush	Leigh on Sea Striders	1304	1:03:48	8344	Ian Wilson	Spennorth & Dist AC
1205	1:02:14	7611	Simon Crook	Longwood Harriers AC	1305	1:03:49	8866	Ben Cope	Watford Joggers
1206	1:02:15	8352	Paul Broome	Springfield Striders RC	1306	1:03:49	8664	Neil White	Totton RC
1207	1:02:16	6938	Tom Ralph	Greenwich Tritons Triathlon C	1307	1:03:49	7812	John Auld	North Herts Road Runners
1208	1:02:17	6462	Simon Bowring	Chelmsford AC	1308	1:03:51	8840	Keith O'Donnell	Wallsend Harriers & Ac
1209	1:02:17	7175	Justin Bean	Highgate Harriers	1309	1:03:53	7383	Leonard Reilly	Kent AC
1210	1:02:19	8800	Oliver Jamieson	Victoria Park Harriers And To	1310	1:03:54	7369	Chris Lydon	Kent AC
1211	1:02:19	7749	Neil Gunstone	Morpeth Harriers & AC	1311	1:03:55	8505	David Crowther	Thames Hare & Hounds
1212	1:02:20	8251	Jonny Shaw	Shaftesbury Barnet Harriers	1312	1:03:57	8369	Thomas Croft	St Albans Striders
1213	1:02:21	6432	Guy Swarbreck	Cambridge Harriers	1313	1:03:57	7885	Tim Wright	Orion Harriers
1214	1:02:23	6839	Paul Cates	Eton Manor AC	1314	1:03:59	6796	James Hartshorne	East Cheshire Harriers & Tam
1215	1:02:23	7496	Stephen Williams	Littledown Harriers	1315	1:04:00	7706	Aaron Keys	Middlesbrough & Cleveland F
1216	1:02:26	6707	Greg Fitch	Dorking & Mole Valley AC	1316	1:04:00	6716	Kev Stroud	Dorking & Mole Valley AC
1217	1:02:26	8889	William Yates	West 4 Harriers	1317	1:04:00	6935	James Bentley	Greenwich Tritons Triathlon C
1218	1:02:26	7066	Neil Pinnell	Headington RR	1318	1:04:00	6070	Alex Francis	Ashford & District RRC
1219	1:02:28	7573	Chris Hartley	London Heathside	1319	1:04:00	6943	Terry Booth	Guildford & Godalming AC
1220	1:02:28	6840	David Cato	Eton Manor AC	1320	1:04:01	6227	Ian Ferguson	Bingley Harriers & AC
1221	1:02:29	7032	Nick Andrews	Harrow AC	1321	1:04:01	7917	Andrew Robertson	Petts Wood Runners
1222	1:02:31	6665	Jacob Plieith	Croydon Harriers	1322	1:04:03	6440	Adam Elston	Canterbury Harriers
1223	1:02:32	8593	Scott Rice	Thurrock Harriers	1323	1:04:04	6763	Aleem Nasser	Ealing Eagles Running Club
1224	1:02:32	7864	Eric Fowler	Nuneaton Harriers	1324	1:04:04	6770	Robert Brown	Ealing Southall & Middlesex A
1225	1:02:33	8086	Sam Crawford	Royal Sutton Coldfield Athleti	1325	1:04:04	7622	Alan Graham	Lordshill Road Runners
1226	1:02:33	7151	Tim Kerr	Herne Hill Harriers	1326	1:04:07	7397	Jack Watson	Kettering Town Harriers
1227	1:02:34	8699	Nasar Rafiq	Trentham RC	1327	1:04:07	8743	Ken MacSporrnan	Tunbridge Wells Harriers
1228	1:02:35	8237	Mark Cottle	Shaftesbury Barnet Harriers	1328	1:04:08	7450	Harry Grose	Leigh on Sea Striders
1229	1:02:35	6053	Luke White	Aldridge RC	1329	1:04:08	8709	Kevin Linehan	Tri London
1230	1:02:36	8635	Mark Pitcairn-Knowles	Tonbridge Ac	1330	1:04:09	7929	Jimmy Justice	Phoenix Striders
1231	1:02:38	7980	Michael Dmitrzak	Queen's Park Harriers	1331	1:04:09	8833	Simon Charlton	Wallsend Harriers & Ac
1232	1:02:38	6379	Nigel Sullivan	Burnham Joggers	1332	1:04:09	8422	Ross Wilcox	Stowmarket Striders RC
1233	1:02:41	6104	Michael Walker	Barnet & District AC	1333	1:04:10	6268	Christopher Tuck	Blackheath & Bromley Harrier
1234	1:02:41	6467	Matthew Evans	Cheltenham and County Harr	1334	1:04:10	6495	Philip Moyle	Chorlton Runners
1235	1:02:42	6722	Nathaniel Lewis	Dulwich Park Runners	1335	1:04:12	7866	Chris Hamer-Hodges	Nuneaton Harriers
1236	1:02:46	6881	Robert Prichard-Jones	Fulham Running Club	1336	1:04:12	6829	Badre Kamah	Epsom & Ewell Harriers
1237	1:02:47	6223	Geoff Keily	Billericay Striders	1337	1:04:13	7247	Andrew Soley	Hulme Pierrepont Rc
1238	1:02:48	7890	Matthew Kunov	Oxford University AC	1338	1:04:14	6742	Grzegorz Galezia	Dolwich Runners AC
1239	1:02:48	6431	Peter St-Amour	Cambridge Harriers	1339	1:04:16	8851	Adam Watson	Ware Joggers
1240	1:02:49	6272	Jordan Cobb	Blackpool Wyre & Fylde AC	1340	1:04:17	8055	Leigh Stubbs	Redhill Road Runners
1241	1:02:51	6225	Barry Weldon	Billericay Striders	1341	1:04:18	8387	Stephen Lambert	St Albans Striders
1242	1:02:51	6898	Andy Holt	Garden City Runners	1342	1:04:18	8210	Adrian Kerr	Serpentine RC
1243	1:02:52	6781	Tom Hewitt	Ealing Southall & Middlesex F	1343	1:04:19	6551	Ian Healy	Clapham Chasers
1244	1:02:54	6528	James Mills	City Of Salisbury AC & RC	1344	1:04:21	8776	Jamie Graham	Vegan Runners UK
1245	1:02:54	8452	Andrew Hughes	Sunderland Harriers & AC	1345	1:04:22	7205	Mark Opie	Highgate Harriers
1246	1:02:56	9030	Hem Rana	York Knavesmire Harriers	1346	1:04:24	6043	Peter Dimpleby	Aldridge RC
1247	1:02:57	8098	Graham Hill	Royston Runners	1347	1:04:25	8661	Andy Herman	Totton RC
1248	1:02:57	9028	Rory Henderson	York Knavesmire Harriers	1348	1:04:25	7324	Jamie Foster	Itchen Spitfires Running Club
1249	1:02:58	8668	Jacob Fletcher	Trafford Athletic Club	1349	1:04:25	9034	Olmo Velayos Hernandez	London City Athletics Club
1250	1:02:59	9026	Barry Atkinson	York Knavesmire Harriers	1350	1:04:29	8753	Geoff Turner	Tunbridge Wells Harriers
1251	1:02:59	8978	Leo Cole	Witham Rc	1351	1:04:30	8138	Robert Fairbanks	Sale Harriers Manchester
1252	1:03:00	6513	Ian Todd	City Of Norwich AC	1352	1:04:31	6901	Richard Somerset	Garden City Runners
1253	1:03:01	8733	Dave Hadaway	Tunbridge Wells Harriers	1353	1:04:32	6074	Scott Lynch	Ashford & District RRC
1254	1:03:01	8062	Simon Foster	Retford AC	1354	1:04:32	6531	Craig Weatherburn	City Of Salisbury AC & RC
1255	1:03:02	7614	Dominic Ashton	Lordshill Road Runners	1355	1:04:32	7915	Stephen Pond	Petts Wood Runners
1256	1:03:03	6349	Tariq Kurd	Bristol and West AC	1356	1:04:33	6637	John Treadwell	Coventry Godiva Harriers
1257	1:03:04	6105	Boon Kiat (calvin) Wu	Barnet & District AC	1357	1:04:34	8028	Oliver Atwal	Reading Roadrunners
1258	1:03:05	6768	Akira Anzai-Jackson	Ealing Southall & Middlesex F	1358	1:04:35	6852	Robert Sommerville	Eton Manor AC
1259	1:03:08	7447	Alex Childs	Leigh on Sea Striders	1359	1:04:36	6442	Alex Horsley	Canterbury Harriers
1260	1:03:10	7593	Joel Northcott	London Heathside	1360	1:04:36	6002	Gerard Hasson	26.2 Road Runners Club
1261	1:03:10	7467	Adam Haylock	Leighton Buzzard Athletic Clu	1361	1:04:37	8718	Daniel Newman	Tring RC
1262	1:03:10	7459	Mike Webber	Leigh on Sea Striders	1362	1:04:39	7282	Tom Brampton	HY Runners
1263	1:03:11	6276	George Robinson	Blackpool Wyre & Fylde AC	1363	1:04:39	7903	Cameron Harris	Peterborough & Nene Valley
1264	1:03:11	6641	Wayne Kingsnorth	Crawley Saints & Sinners Run	1364	1:04:41	6204	David Horton	Belper Harriers
1265	1:03:13	8853	Daniel Newman	Warrington A C	1365	1:04:42	6176	Samuel Hodges	Belgrave Harriers
1266	1:03:14	6064	Samuel Bennett	Arena 80 AC	1366	1:04:44	7666	Jamie Hayes	Manx Harriers
1267	1:03:14	7157	Keith Newton	Herne Hill Harriers	1367	1:04:45	8464	Rahul Pandey	Sutton Runners
1268	1:03:15	6541	Michael Raynes	City of York AC	1368	1:04:46	7558	Matthew Beard	London Heathside
1269	1:03:15	8656	Joel Paisley	Totley AC	1369	1:04:47	8543	Manuel Da Silva	Thames Valley Harriers
1270	1:03:16	8491	Malcolm Treby	Team Bath Athletic Club	1370	1:04:47	6372	Paul Boote	Burnham Joggers
1271	1:03:16	7995	Jimmy Perkins	Queen's Park Harriers	1371	1:04:48	6660	James Moore	Croydon Harriers
1272	1:03:17	8416	Robert Colman	Stourbridge RC	1372	1:04:49	8282	Christopher Dunhill	South London Harriers
1273	1:03:18	7067	Oliver Robertson	Headington RR	1373	1:04:53	8583	Andrew Hoseason	The Stragglers Running Club
1274	1:03:18	8016	Charlie Madelaine	Reading AC	1374	1:04:53	7212	Andrew Russell	Highgate Harriers
1275	1:03:19	6887	Richard Harper	Ful-On Tri Club	1375	1:04:53	8346	David Gamez Morris	Sphinx AC
1276	1:03:19	6981	Michael Gaughan	Halifax Harriers & AC	1376	1:04:54	6864	Patrick Hughes	Folkestone RC
1277	1:03:21	7702	Andrew Doig	Mid Essex Casuals	1377	1:04:55	6477	Jim Garland	Chichester Runners & AC
1278	1:03:21	7237	Aziouz Lammali	Holland Sports AC	1378	1:04:55	7100	Andrew Davies	Hercules Wimbledon AC
1279	1:03:26	7621	Graham Evans	Lordshill Road Runners	1379	1:04:56	8372	Richard Davis	St Albans Striders
1280	1:03:29	7054	Steve Walker	Havering AC	1380	1:04:56	6626	Anthony Mitrofaniuk	Coventry Godiva Harriers
1281	1:03:29	8930	Norman Urquia	Wimbledon Windmilers	1381	1:04:57	7070	Simon Venn	Headington RR
1282	1:03:30	6526	Marc Hankins	City Of Salisbury AC & RC	1382	1:04:58	8558	Simon Nixon	Thames Valley Harriers
1283	1:03:31	7457	Toby Stubbington	Leigh on Sea Striders	1383	1:04:59	7562	Lee Connor	London Heathside
1284	1:03:32	8010	Richard Willoughby	Ranelagh Harriers	1384	1:04:59	6151	David Cross	Beeston AC
1285	1:03:32	6767	Archie Allen-Jones	Ealing Southall & Middlesex F	1385	1:05:00	6569	Christopher Williams	Clapham Chasers
1286	1:03:33	7542	Gareth Fletcher	London Frontrunners	1386	1:05:01	7186	Donato Delvecchio	Highgate Harriers
1287	1:03:34	6334	Austen Hunter	Brighton Phoenix	1387	1:05:01	7440	Mark Gornall	Leigh Harriers & Ac
1288	1:03:34	6784	Mark Kencroft	Ealing Southall & Middlesex F	1388	1:05:02	8937	Rupert Talfourd-Cook	Wimborne AC
1289	1:03:35	8008	James Ritchie	Ranelagh Harriers	1389	1:05:02	6969	Alex Morgan	Halesowen ACC
1290	1:03:36	6236	Christopher Burrows	Birmingham Running Athletic	1390	1:05:03	7014	Gavin Ripton	Halstead RRC
1291	1:03:37	7992	Jamie Myers	Queen's Park Harriers	1391	1:05:03	6556	Richard Kehoe	Clapham Chasers
1292	1:03:39	6537	Phil Rowley	City Of Stoke Ac	1392	1:05:04	6424	Graham Maynard	Cambridge Harriers
1293	1:03:39	7717	Daniel Berry	Mornington Chasers	1393	1:05:04	8322	Matthew Aitken	Southend On Sea Ac
1294	1:03:40	6802	Karan Gadhia	East London Runners	1394	1:05:06	7962	Paul Jeffries	Preston Harriers
1295	1:03:41	8267	Ciaran Morrison	Sinfin Running Club	1395	1:05:06	6098	Robert Scott	Barnet & District AC
1296	1:03:42	8420	Tim Larke	Stowmarket Striders RC	1396	1:05:06	7464	Michael Furness	Leighton Buzzard Athletic Clu
1297	1:03:43	9017	Kieran Gilfedder	Wycombe Phoenix Harriers &	1397	1:05:14	7613	Robert Daniel Agar	Lordshill Road Runners
1298	1:03:43	6916	Dave Gresswell	Gloucesterc AC	1398	1:05:14	7877	Zoltan Fodor	Orion Harriers
1299	1:03:43	6799	Philip McCoy	East Hull Harriers & AC	1399	1:05:15	6831	James Thomas	Epsom & Ewell Harriers
1300	1:03:43	6511	Mark Solway	City Of Norwich AC	1400	1:05:16	7826	Tommy Dempsey	Northbrook Athletic Club

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1401	1:05:16	8094	Grant Chapman	Royston Runners	1501	1:07:18	8018	Andrew McDonald	Reading AC
1402	1:05:20	6761	Thomas Irving	Ealing Eagles Running Club	1502	1:07:21	7074	Daniel Bladon	Heanor Running Club
1403	1:05:21	6597	James Plant	Colchester Harriers AC	1503	1:07:22	7765	Gareth Owens	Newark AC
1404	1:05:23	8378	Richard Evans	St Albans Striders	1504	1:07:23	7774	Andrew Brownsword	Newcastle Staffs Ac
1405	1:05:25	6469	Rowan Tibbs	Cheltenham and County Harr	1505	1:07:23	8734	George Harris	Tunbridge Wells Harriers
1406	1:05:26	9015	Shaun Chillingworth	Wyoncombe Phoenix Harriers &	1506	1:07:24	6077	Andrew Noble	Ashford & District RRC
1407	1:05:26	7073	Chris Woodruff	Headington RR	1507	1:07:25	7243	Chris Jekiel	Holme Pierrepont Rc
1408	1:05:27	8188	Clive Rolfe	Sandhurst Joggers	1508	1:07:26	6059	Roger Ball	Ampthill & Flitwick Flyers RC
1409	1:05:28	7239	Phillip Vowles	Holland Sports AC	1509	1:07:30	7117	Victor Ray	Hercules Wimbledon AC
1410	1:05:29	6750	Eberhard Prill	Dulwich Runners AC	1510	1:07:36	7597	Leo Pemberton	London Heathside
1411	1:05:30	7537	Patrick Cahill	London Frontrunners	1511	1:07:37	7340	Barry Elkington	Kenilworth Runners
1412	1:05:30	6219	David Butler	Billericay Striders	1512	1:07:37	6226	Calvin Nicholson	Marshall Milton Keynes AC
1413	1:05:31	8408	Chris Lawson	Steel City Striders Rc	1513	1:07:38	6498	Stephen Smith	Chorlton Runners
1414	1:05:35	7024	Salva Diaz	Harpden Arrows	1514	1:07:38	6652	Daniel Denore	Croydon Harriers
1415	1:05:37	7249	John Sutherns	Holme Pierrepoint Rc	1515	1:07:38	7104	Richard Evans	Hercules Wimbledon AC
1416	1:05:41	6452	Lee Caves	Centurion RC	1516	1:07:40	6684	Cullen Odonnell	Dartford Harriers AC
1417	1:05:41	7742	David Thorne	Mornington Chasers	1517	1:07:42	8271	Robert Sands	Skegness & District Running C
1418	1:05:45	7636	Richard Conder	Low Fell RC	1518	1:07:43	7674	Danny Simmons	Marshall Milton Keynes AC
1419	1:05:46	6711	Robert McCaffrey	Dorking & Mole Valley AC	1519	1:07:43	7489	Michael Manwill	Lingfield RC
1420	1:05:47	7082	Adrian Smith	Heanor Running Club	1520	1:07:43	7740	Matt Thomas	Mornington Chasers
1421	1:05:49	8242	David Greenstein	Shaftesbury Barnet Harriers	1521	1:07:44	8367	Max Campbell	St Albans Striders
1422	1:05:49	6278	Lee Shockledge	Blackpool Wyre & Fylde AC	1522	1:07:45	6883	Douglas Wood	Fulham Running Club
1423	1:05:50	8197	Simon Caney	Serpentine RC	1523	1:07:45	6160	Geoff Pennington	Beeston AC
1424	1:05:51	7230	Chris Guy	Hillsborough & Rivelin RC	1524	1:07:45	8614	Tobin Bird	Tonbridge Ac
1425	1:05:52	8412	Gez Fallon	Stopsley Striders	1525	1:07:46	8752	Colin Timmins	Tunbridge Wells Harriers
1426	1:05:52	8623	Anthony Crush	Tonbridge Ac	1526	1:07:47	7633	Alan Fricker	Loughton AC
1427	1:05:53	7156	Robert Nagorski	Herne Hill Harriers	1527	1:07:47	7975	John Brosnan	Queen's Park Harriers
1428	1:05:54	8361	Jonathan Bird	St Albans Striders	1528	1:07:47	8410	Ian Stinson	Steel City Striders Rc
1429	1:05:55	7628	Luke Seery	Lordshill Road Runners	1529	1:07:48	7034	Peter Butler	Harrow AC
1430	1:05:56	7123	Simon Woodley	Hercules Wimbledon AC	1530	1:07:49	6741	Michael Fullilove	Dulwich Runners AC
1431	1:05:57	7102	Maximilian Dew	Hercules Wimbledon AC	1531	1:07:50	8534	James Whale	Thames Hare & Hounds
1432	1:06:00	6764	Jose Manuel Pabon	Ealing Eagles Running Club	1532	1:07:50	6250	John Sutton	Blackburn Harriers & AC
1433	1:06:01	7446	Elliott Carter	Leigh on Sea Striders	1533	1:07:51	8243	Barry Haws	Shaftesbury Barnet Harriers
1434	1:06:02	6885	Mark Benton	Ful-On Tri Club	1534	1:07:52	8740	Andrew Joad	Tunbridge Wells Harriers
1435	1:06:02	6601	Chris Stevenson	Colchester Harriers AC	1535	1:07:52	6529	Steven Mitchell	City Of Salisbury AC & RC
1436	1:06:02	7021	Matt Casey	Hardley Runners	1536	1:07:53	6968	David Lewis	Halesowen ACC
1437	1:06:03	6677	Steven Russell	Dacorum Athletic Club	1537	1:07:55	7147	Tom Irish	Herne Hill Harriers
1438	1:06:03	7216	Richard Stewart	Highgate Harriers	1538	1:07:56	7778	Karl Everard	Newcastle Staffs Ac
1439	1:06:04	6702	Ceri Davies	Dorking & Mole Valley AC	1539	1:07:56	7630	Benjamin Tavendale	Lordshill Road Runners
1440	1:06:04	8814	Matthew Ogg	Victoria Park Harriers And To	1540	1:07:56	8925	Jon Pollard	Wimbledon Windmilers
1441	1:06:05	8759	Andrew Chiu	Tyne Bridge Harriers	1541	1:07:59	6965	Andrew Carruthers	Halesowen ACC
1442	1:06:05	8058	Gavin Lawrence	Reigate Priory AC	1542	1:08:00	8817	James Richens	Victoria Park Harriers And To
1443	1:06:05	6470	Dave Gough	Cheshire Dragons	1543	1:08:00	7641	Keith Roll	Low Fell RC
1444	1:06:06	6342	Richard Brent	Bristol and West AC	1544	1:08:02	8232	Alistair Webb	Serpentine RC
1445	1:06:07	7832	Damian Pharaoh	Northbrook Athletic Club	1545	1:08:03	6614	Joe Chalmers	Coventry Godiva Harriers
1446	1:06:08	6231	Josh Spencer	Bingley Harriers & AC	1546	1:08:06	7298	Neil Cort	Ilkeston Running Club
1447	1:06:08	8204	Matthew Hearne	Serpentine RC	1547	1:08:06	7924	Neal Clark	Phoenix Striders
1448	1:06:08	8405	Malcolm Baggageley	Steel City Striders Rc	1548	1:08:08	8766	John Tollitt	Tyne Bridge Harriers
1449	1:06:09	8443	Mark Eaton	Stubbington Green Runners	1549	1:08:09	6168	William Cockerell	Belgrave Harriers
1450	1:06:10	6613	Nick Bennett	Coventry Godiva Harriers	1550	1:08:09	7782	Christopher Nixon	Newcastle Staffs Ac
1451	1:06:11	6475	Stephen Davy	Chichester Runners & AC	1551	1:08:10	6940	Martin Tynan	Greenwich Tritons Triathlon C
1452	1:06:11	7451	Jed Hallam	Leigh on Sea Striders	1552	1:08:10	6703	Fraser Dawson	Dorking & Mole Valley AC
1453	1:06:12	8273	Phillip Weaver	Skegness & District Running C	1553	1:08:11	6696	Chris Jordan	Derby Athletic Club
1454	1:06:12	6067	Adrian Beresford	Ashford & District RRC	1554	1:08:11	6306	Jonathan Stanforth	Bournville Harriers
1455	1:06:13	8648	Peter Sutton	Tonbridge Ac	1555	1:08:12	6299	Grant Newman	Bournville Harriers
1456	1:06:14	8971	Chris Ball	Wirral AC	1556	1:08:13	8433	Kerim Suruliz	Striders Of Croydon
1457	1:06:15	6717	Kevin Sibley	Dronfield RC	1557	1:08:13	7402	Peter Austin	Keewee & Dorridge RC
1458	1:06:17	8837	Scott Ellis	Walsend Harriers & Ac	1558	1:08:15	6150	Dave Bish	Beeston AC
1459	1:06:20	6818	Richard Hill	Ely Runners	1559	1:08:15	8380	Derek Fowler	St Albans Striders
1460	1:06:28	8023	James Quinn	Reading AC	1560	1:08:16	7393	Simon Neville	Keswick AC
1461	1:06:29	7525	Charlie Finch	London City Runners	1561	1:08:17	7011	Robert Langley	Halstead RRC
1462	1:06:30	7612	Donald Kennedy	Longwood Harriers Ac	1562	1:08:17	8494	Mark Ison	Team Derby Runner
1463	1:06:30	7344	Stewart Underhill	Kenilworth Runners	1563	1:08:18	7052	Roy James	Havering AC
1464	1:06:33	8191	Abu Asad	Serpentine RC	1564	1:08:19	7110	Brian Lynch	Hercules Wimbledon AC
1465	1:06:35	7442	David Pollitt	Leigh Harriers & Ac	1565	1:08:20	6688	Sam Fullilove	Dartford Road Runners
1466	1:06:35	7087	Felix Allen	Hercules Wimbledon AC	1566	1:08:21	6922	Steven Lee	GoodGym Race Team
1467	1:06:36	6571	Michael Zielinski	Clapham Chasers	1567	1:08:22	7304	David Millington	Ilkeston Running Club
1468	1:06:38	7307	Paul Whittleton	Ilkeston Running Club	1568	1:08:22	6805	Amit Marks	East London Runners
1469	1:06:39	7469	James Lowe	Leighton Buzzard Athletic Clu	1569	1:08:22	6471	Eddie Austin	Chester Triathlon Club
1470	1:06:41	8751	Hayden Thirkell	Tunbridge Wells Harriers	1570	1:08:26	7122	Simon Woodington	Hercules Wimbledon AC
1471	1:06:43	7075	Ryan Blake	Heanor Running Club	1571	1:08:27	7339	Neil Cressy	Kenilworth Runners
1472	1:06:44	8584	Mark Pattinson	The Stragglers Running Club	1572	1:08:28	7027	Roger Montgomery	Harpden Arrows
1473	1:06:46	7949	John Hall	Poole Ac	1573	1:08:29	6933	Craig Mitchell	Great Bentley Running Club
1474	1:06:46	7972	Tom Alexander	Queen's Park Harriers	1574	1:08:30	6589	David Hilson	Colchester Harriers AC
1475	1:06:48	7063	Peter Hellawell	Headington RR	1575	1:08:31	6590	Lee Holohan	Colchester Harriers AC
1476	1:06:49	8097	Paul Haynes	Royston Runners	1576	1:08:31	8475	Ian Cronsaw	Swinton Running Club
1477	1:06:49	8769	Dominic McDermott	Tynedale Harriers & AC	1577	1:08:32	9032	Marcus Elwes	Petts Wood Runners
1478	1:06:50	6044	Duncan Gould	Aldridge RC	1578	1:08:33	8698	Chris Mosiuk	Trentham RC
1479	1:06:51	6072	Mark Harrison	Ashford & District RRC	1579	1:08:34	7807	Phil Whiting	Norfolk Gazelles AC
1480	1:06:52	6073	Daniel Head	Ashford & District RRC	1580	1:08:37	7815	James Walsh	North Herts Road Runners
1481	1:06:53	6889	Charles Muir-Sands	Ful-On Tri Club	1581	1:08:38	7655	Andrew Parsonage	Manchester Harriers & AC
1482	1:06:54	7149	Ian Jack	Herne Hill Harriers	1582	1:08:39	8252	Tim Underhill	Shaftesbury Barnet Harriers
1483	1:06:55	8631	Jack Keywood	Tonbridge Ac	1583	1:08:40	6099	Gareth Senior	Barnet & District AC
1484	1:07:00	7295	Diarmuid Mac Donnell	Ilford AC	1584	1:08:43	8886	Will Sutton	West 4 Harriers
1485	1:07:02	6962	Marc Woodall	Guildford & Godalming AC	1585	1:08:44	7028	Muiris O'Connell	Harpden Arrows
1486	1:07:03	7707	Martin Vasey	Middlesbrough & Cleveland H	1586	1:08:44	6118	Terry Wegg	Basingstoke & Mid Hants AC
1487	1:07:05	7532	Harry Mumford-Turner	London City Runners	1587	1:08:44	7602	Marcus Tillotson	London Heathside
1488	1:07:06	8758	Graeme Carr	Tyne Bridge Harriers	1588	1:08:45	6657	Terry Lapins	Croydon Harriers
1489	1:07:08	8458	Dale Wilkinson	Sunderland Harriers & AC	1589	1:08:45	8981	Joel Floyd	Winney Road Runners
1490	1:07:10	6378	Sean Rooney	Burnham Joggers	1590	1:08:50	6109	Christopher Burghes	Basingstoke & Mid Hants AC
1491	1:07:10	6554	Kevin Hughes	Clapham Chasers	1591	1:08:52	6444	Ian Stokes	Canterbury Harriers
1492	1:07:11	8692	Douglas Alcock	Trentham RC	1592	1:08:52	6090	Paul Carter	Barnet & District AC
1493	1:07:11	7039	Peter Norris	Harrow AC	1593	1:08:53	7389	Kyle Spelman	Kent AC
1494	1:07:12	7565	Gavin Evans	London Heathside	1594	1:08:53	8391	Steve Scorer	St Albans Striders
1495	1:07:12	7180	Andres Chau	Highgate Harriers	1595	1:08:53	6627	Jose Ortiz Gonzalez	Coventry Godiva Harriers
1496	1:07:14	8521	Alex MacKula	Thames Hare & Hounds	1596	1:08:54	8246	Paul MacCarthy	Shaftesbury Barnet Harriers
1497	1:07:14	8294	Paul Mitchell	South London Harriers	1597	1:08:55	7656	Neil Ryan	Manchester Harriers & AC
1498	1:07:14	6963	Peter Wootton	Guildford & Godalming AC	1598	1:08:55	7291	Stephen Crane	Ilford AC
1499	1:07:14	6788	Javaher Sondh	Ealing Southall & Middlesex F	1599	1:08:56	7703	Benjamin Leeds	Mid Essex Casuals
1500	1:07:15	7211	James Rossiter	Highgate Harriers	1600	1:08:56	6164	John Walker	Beeston AC

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1601	1:08:57	6008	Matthew Sharpe	Abbey Runners	1701	1:10:47	6220	Philip Cooper	Billericay Striders
1602	1:08:58	7224	Paul Leppard	Hillingdon AC	1702	1:10:48	8042	Toby Walker	Reading Roadrunners
1603	1:08:58	7213	Rob Saunders	Highgate Harriers	1703	1:10:49	7994	Gavin O'Sullivan	Queen's Park Harriers
1604	1:08:58	8609	Mark Lawes	Tiptree Road Runners	1704	1:10:49	7549	Francis O'Callaghan	London Frontrunners
1605	1:09:00	8706	Brian Heffernan	Tri London	1705	1:10:49	6083	Andrew Jefferies	Avon Valley Runners
1606	1:09:01	7277	Derek Darnell	Huntingdonshire AC	1706	1:10:50	7657	Chris Sewart	Manchester Harriers & AC
1607	1:09:02	7840	Ashley Yellop	Norwich Road Runners	1707	1:10:51	7934	Colin Wilkinson	Phoenix Striders
1608	1:09:03	8353	Stephen Bugden	Springfield Striders RC	1708	1:10:51	6923	Aidan Padfield	GoodGym Race Team
1609	1:09:04	8240	Danny Digweed	Shaftesbury Barnet Harriers	1709	1:10:51	8903	Andrew Yuill	Westbury Harriers
1610	1:09:06	7252	Joe Young	Holme Pierrepont Rc	1710	1:10:52	7829	Tom Miller	Northbrook Athletic Club
1611	1:09:07	6888	Jonathan Koos	Ful-On Tri Club	1711	1:10:52	6103	Chris Violet	Barnet & District AC
1612	1:09:09	7094	Thomas Cheetham	Hercules Wimbledon AC	1712	1:10:54	8262	Brendan Devlin	Sinfin Running Club
1613	1:09:11	7242	Gary Cragg	Holme Pierrepont Rc	1713	1:10:55	8431	Andy Perks	Striders Of Croydon
1614	1:09:15	8275	Steven Howes	Solihull & Small Heath Athleti	1714	1:10:58	6724	Ronnie Patel	Dulwich Park Runners
1615	1:09:16	7323	Derek George	Istead & Ifield Harriers	1715	1:10:59	8882	Peter Jeffrey	Petst 4 Harriers
1616	1:09:19	7016	Lewis Parker	Harborough AC	1716	1:11:00	8961	James Thompson	Windrush Triathlon Club
1617	1:09:20	8832	Karl Burton	Wallsend Harriers & Ac	1717	1:11:01	7867	Andy Harris	Nuneaton Harriers
1618	1:09:21	6645	Neil Aikman	Croydon Harriers	1718	1:11:02	8924	Phil McElhinney	Wimbledon Windmilers
1619	1:09:21	8280	Andrew Collins	South London Harriers	1719	1:11:03	9025	Martin Kirby	York Acorn Running Club
1620	1:09:21	6487	Andrew Carlson	Chorlton Runners	1720	1:11:05	7977	Richard Byrne	Queen's Park Harriers
1621	1:09:22	6740	Hugh French	Dulwich Runners AC	1721	1:11:08	8401	Daniel Findlay-Robinson	Stafford Harriers
1622	1:09:23	7943	Martin Orford	Pitsea Rc	1722	1:11:10	7326	Angus Miller	Jesmond Joggers
1623	1:09:24	8213	Alex Malzer	Serpentine RC	1723	1:11:12	8026	Neil Walker	Reading AC
1624	1:09:24	8245	Paul Lewis	Shaftesbury Barnet Harriers	1724	1:11:14	8582	Robert Hodge	The Stragglers Running Club
1625	1:09:25	8365	Colin Braybrook	St Albans Striders	1725	1:11:14	7727	Russ Hall	Mornington Chasers
1626	1:09:25	8465	Simon Thornhill	Sutton Runners	1726	1:11:17	6430	Joe Sheldrake	Cambridge Harriers
1627	1:09:29	6091	Peter Ellis	Barnet & District AC	1727	1:11:18	7629	Chris Selfe	Lordshill Road Runners
1628	1:09:30	6863	Paul Bartlett	Folkestone RC	1728	1:11:19	6388	Ben Chamberlain	Cambridge & Coleridge AC
1629	1:09:33	6580	John Henington	Colchester & Tendring AC	1729	1:11:20	6656	Matthew Kiernan	Croydon Harriers
1630	1:09:33	8297	Sujan Shrestha	South London Harriers	1730	1:11:20	8629	Mark Grange	Tonbridge Ac
1631	1:09:37	7521	Richard Coates	London City Runners	1731	1:11:22	8756	Robert Winter	Tunbridge Wells Harriers
1632	1:09:41	7865	James Gillum	Nuneaton Harriers	1732	1:11:23	6800	Paul Nippres	East Hull Harriers & AC
1633	1:09:42	7219	Mark Watson	Highgate Harriers	1733	1:11:25	8199	Gavin Edmonds	Serpentine RC
1634	1:09:43	8437	Haydn Brown	Stubbington Green Runners	1734	1:11:26	7540	Neil Colquhoun	London Frontrunners
1635	1:09:44	7533	Alexander Stuart	London City Runners	1735	1:11:26	7968	Lee Dunn	Quays Running Club
1636	1:09:44	7217	David Sutherland	Highgate Harriers	1736	1:11:28	7076	Peter Edwards	Heanor Running Club
1637	1:09:45	7305	Ben Morley	Ilkeston Running Club	1737	1:11:30	8959	Jake Pollard	Windrush Triathlon Club
1638	1:09:45	8586	Kevin Price	The Stragglers Running Club	1738	1:11:31	6701	Juan Casanova	Dorking & Mole Valley AC
1639	1:09:45	7439	Jason Denton	Leigh Harriers & Ac	1739	1:11:31	8340	James Hannon	Sparkhill Harriers
1640	1:09:46	8052	Timothy Raynor	Redhill Road Runners	1740	1:11:32	6210	Jonathan Hunter	Bexley Ac
1641	1:09:47	6517	Mark Gordon	City Of Portsmouth AC	1741	1:11:34	7664	Andrew Fox	Manx Harriers
1642	1:09:48	7646	Jonathan Oliver	Maidenhead AC	1742	1:11:34	8663	Andrew Warren	Totton RC
1643	1:09:50	8389	Anthony Nicolson	St Albans Striders	1743	1:11:35	6879	Piers Mulrone	Fulham Running Club
1644	1:09:52	7634	James Lambden	Loughton AC	1744	1:11:36	6793	Philip York	Ealing Southall & Middlesex A
1645	1:09:53	8376	Jonathan Earp	St Albans Striders	1745	1:11:37	6252	Timothy Ayres	Blackheath & Bromley Harrie
1646	1:09:54	6835	John Black	Eton Manor AC	1746	1:11:38	7784	Jonathan Ranford	Newcastle Staffs Ac
1647	1:09:54	8778	Duncan Rimmer	Veterans AC	1747	1:11:39	7064	Duncan Henning	Headington RR
1648	1:09:58	6936	Konstantin Gayduk	Greenwich Tritons Triathlon C	1748	1:11:40	7488	Ian Greenaway	Lingfield RC
1649	1:10:00	8573	Richard Bowes	The Stragglers Running Club	1749	1:11:41	6277	Greg Seddon	Blackpool Wyre & Fylde AC
1650	1:10:00	7474	Gary Stratford	Leighton Buzzard Athletic Clu	1750	1:11:41	6254	Richard Byford	Blackheath & Bromley Harrie
1651	1:10:01	8736	Simon Holford	Tunbridge Wells Harriers	1751	1:11:42	8576	Neil Carrington	The Stragglers Running Club
1652	1:10:01	8300	Miles Weston	South Shields Harriers & Ac	1752	1:11:43	8771	Alan Roberts	Vale Of Aylesbury Ac
1653	1:10:02	6492	Sean Lord	Chorlton Runners	1753	1:11:48	7250	Steve Tupholme	Holme Pierrepont Rc
1654	1:10:03	6759	Nick Davies	Ealing Eagles Running Club	1754	1:11:49	6679	Peter Salmon	Dagenham 88 Runners
1655	1:10:05	8957	Stephen Lovejoy	Windrush Triathlon Club	1755	1:11:50	7973	Adrian Boylan	Queen's Park Harriers
1656	1:10:05	8544	Hugo Dias	Thames Valley Harriers	1756	1:11:50	8921	Andy Allan	Wimbledon Windmilers
1657	1:10:05	8429	Luke Burden	Striders Of Croydon	1757	1:11:52	6826	Peter Frost	Epsom & Ewell Harriers
1658	1:10:05	9020	Michael Taylor	Wycombe Phoenix Harriers &	1758	1:11:53	6457	Edmund Wallace	Centurion RC
1659	1:10:06	6650	Stan Colomb	Croydon Harriers	1759	1:11:54	7010	Philip Jeffries	Halstead RRC
1660	1:10:07	7887	Francis Aznaran	Oxford University AC	1760	1:11:54	7590	Norman Mitchell	London Heathside
1661	1:10:10	8754	Christopher Walmsley	Tunbridge Wells Harriers	1761	1:11:57	7109	Gordon Lilly	Hercules Wimbledon AC
1662	1:10:10	8461	Darko Calina	Sutton Runners	1762	1:11:58	8112	Liam Dormann	Rugeley Runners
1663	1:10:11	6710	Liam Hole	Dorking & Mole Valley AC	1763	1:11:59	7018	Graeme Rolfe	Harborough AC
1664	1:10:12	7494	Brandon Webb	Lingfield RC	1764	1:12:00	8956	Jacob Halpin	Windrush Triathlon Club
1665	1:10:14	7900	Timothy Clough	Peterborough & Nene Valley	1765	1:12:00	6413	Clem Dixon	Cambridge Harriers
1666	1:10:15	8897	Mike Mewse	Westbury Harriers	1766	1:12:04	8187	Mike Race	Salford Metropolitan Ac
1667	1:10:16	6076	Paul Moses	Ashford & District RRC	1767	1:12:06	7541	Robert Dufton	London Frontrunners
1668	1:10:17	6899	Peter Jasko	Garden City Runners	1768	1:12:08	7837	Glyn Manton	Norwich Road Runners
1669	1:10:18	6159	Charlie Pearce	Beeston AC	1769	1:12:08	8050	Paul Newton	Redhill Road Runners
1670	1:10:18	8869	Anatole Ransom	Watford Joggers	1770	1:12:09	7019	Gary Wallis	Harborough AC
1671	1:10:19	8445	Graham James	Stubbington Green Runners	1771	1:12:12	7836	Martin Howard	Norwich Road Runners
1672	1:10:19	8442	Graham Donnachie	Stubbington Green Runners	1772	1:12:13	7728	Tony Him	Mornington Chasers
1673	1:10:20	6262	Rod Harrington	Blackheath & Bromley Harrie	1773	1:12:14	7776	Mark Cotton	Newcastle Staffs Ac
1674	1:10:20	6714	Robert Russell	Dorking & Mole Valley AC	1774	1:12:16	7044	David Wallace	Hartlepool Burn Road Harrier
1675	1:10:21	7215	Andrew Shipley	Highgate Harriers	1775	1:12:18	6377	Simon North	Burnham Joggers
1676	1:10:22	7874	Stephen White	Nuneaton Harriers	1776	1:12:18	7493	Ian Watkins	Lingfield RC
1677	1:10:23	6897	Paul Gatens	Garden City Runners	1777	1:12:21	8343	Edward O'Neill	Sparkhill Harriers
1678	1:10:23	6446	Kurt Bowen	Central Park Athletics	1778	1:12:23	8572	John Atherton	The Stragglers Running Club
1679	1:10:25	6302	David Powner	Bournville Harriers	1779	1:12:28	7913	David Moore	Petts Wood Runners
1680	1:10:26	8417	Philip Kinghorn	Stourbridge RC	1780	1:12:33	7667	Neil Kane	Manx Harriers
1681	1:10:28	6892	Ben Sutton	Ful-On Tri Club	1781	1:12:35	7775	Stuart Cassidy	Newcastle Staffs Ac
1682	1:10:28	7780	Lee Kempson	Newcastle Staffs Ac	1782	1:12:36	8034	Ian Giggs	Reading Roadrunners
1683	1:10:29	8279	Stephen Clancey	South London Harriers	1783	1:12:36	6593	Dan MacEy	Colchester Harriers AC
1684	1:10:30	8339	Patrick Finnegan	Sparkhill Harriers	1784	1:12:37	7620	Chris Cook	Lordshill Road Runners
1685	1:10:31	6932	Simon Leggett	Great Bentley Running Club	1785	1:12:39	6491	Etienne Humphries	Chorlton Runners
1686	1:10:33	8732	Paul Gregory	Tunbridge Wells Harriers	1786	1:12:39	6232	Paul Spencer	Bingley Harriers & AC
1687	1:10:33	7588	Kris Milovsorov	London Heathside	1787	1:12:43	6971	Bill Nock	Halesowen ACC
1688	1:10:33	7944	Bobby Robertson	Pitsea Rc	1788	1:12:44	8248	Tim Parkin	Shaftesbury Barnet Harriers
1689	1:10:34	7941	Robert Elson	Pitsea Rc	1789	1:12:45	7730	Daniel Lewis	Mornington Chasers
1690	1:10:36	8577	Pedro Das Gupta	The Stragglers Running Club	1790	1:12:46	6027	Andrew Hislop	Aldershot Farnham & District
1691	1:10:37	8953	David Vosse	Winchester & District AC	1791	1:12:48	8936	Peter Kingswell-Farr	Wimborne AC
1692	1:10:38	7318	Chris Servant	Ipswich Jaffa RC	1792	1:12:51	7991	Tom Moberly	Queen's Park Harriers
1693	1:10:38	8141	Steven Gavin	Sale Harriers Manchester	1793	1:12:52	7270	Kevin Daglish	Houghton Harriers & Ac
1694	1:10:40	7281	John Badrock	HY Runners	1794	1:12:55	6663	Colin Oxlade	Croydon Harriers
1695	1:10:40	7253	Christopher Beadle	Holmfirth Harriers AC	1795	1:12:56	7974	Gildas Braine	Queen's Park Harriers
1696	1:10:40	7026	Stephen Green	Harpenden Arrows	1796	1:12:57	8115	Paul Pratt	Rugeley Runners
1697	1:10:41	6673	Martin Gill	Dacorum Athletic Club	1797	1:12:58	7013	Darren Powell	Halstead RRC
1698	1:10:41	7563	Steve Crowley	London Heathside	1798	1:12:59	7482	Simon MacHin	Lincoln Wellington Athletic Cl
1699	1:10:44	6112	Michael Hickey	Basingstoke & Mid Hants AC	1799	1:13:01	7187	Christian Erlandson	Highgate Harriers
1700	1:10:46	8887	Jerome Ungricht	West 4 Harriers	1800	1:13:02	6518	Tony Hewett	City Of Portsmouth AC

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1801	1:13:03	7653	Casey Longden	Manchester Harriers & AC	1901	1:16:09	7912	Paul Leng	Petts Wood Runners
1802	1:13:03	7735	Philip Rutnam	Mornington Chasers	1902	1:16:16	6455	James Houghton	Centurion RC
1803	1:13:04	8272	Andy Shelton	Skegness & District Running C	1903	1:16:21	8498	Tony Preece	Telford AC
1804	1:13:06	8695	John Guest	Trentham RC	1904	1:16:24	6606	Nick Budd	Congleton Harriers
1805	1:13:11	6152	Gary Fox	Beeston AC	1905	1:16:26	6438	Adam Cowper-Smith	Canterbury Harriers
1806	1:13:14	6680	Andrew Archer	Dartford Harriers AC	1906	1:16:27	6443	Andy Phillips	Canterbury Harriers
1807	1:13:15	8562	Simon Rubens	Thames Valley Harriers	1907	1:16:27	7967	Steven Snook	Quakers Running Club
1808	1:13:16	8812	Keith Mussington	Victoria Park Harriers And To	1908	1:16:36	8728	Andrew Deighton	Tunbridge Wells Harriers
1809	1:13:16	8835	David Dixon	Walsend Harriers & Ac	1909	1:16:39	8399	Trevor Cummings	St Mary's Richmond AC
1810	1:13:18	8203	Christopher Hadley	Serpentine RC	1910	1:16:40	7950	Donald Harper	Pooler AC
1811	1:13:18	8795	Russell Gillett-Toone	Victoria Park Harriers And To	1911	1:16:42	8033	David Fiddes	Reading Roadrunners
1812	1:13:19	8761	Stephen Kettle	Tyne Bridge Harriers	1912	1:16:46	6122	Tomasz Jarczyk	Beaumont RC
1813	1:13:19	8878	Jason Drake	West 4 Harriers	1913	1:16:47	8436	Stuart Bamberger	Stubbington Green Runners
1814	1:13:21	8056	David Walsh	Redhill Road Runners	1914	1:16:57	6218	Tony Agg	Billericay Striders
1815	1:13:22	6156	Alec MacLean	Beeston AC	1915	1:16:58	8345	Wayne Broadbent	Sphinx AC
1816	1:13:24	6594	Daniel Meecham	Colchester Harriers AC	1916	1:16:59	7828	Francis Mason	Northbrook Athletic Club
1817	1:13:24	8794	Gigi Giannella	Victoria Park Harriers And To	1917	1:17:01	7648	Christopher Sutton	Maidenhead AC
1818	1:13:29	8665	Geoffrey Willis	Totton RC	1918	1:17:01	7928	Lee Hazelwood	Phoenix Striders
1819	1:13:30	7986	Paul Jordan	Queen's Park Harriers	1919	1:17:04	7259	David Barnes	Horwich R M I Harriers
1820	1:13:33	8059	Jon Payn	Reigate Priory AC	1920	1:17:08	7733	Krushaal Patel	Mornington Chasers
1821	1:13:37	8708	Anthony Leahy	Tri London	1921	1:17:12	8198	Mark Cogan	Serpentine RC
1822	1:13:39	8051	Raymond Poynter	Redhill Road Runners	1922	1:17:13	6616	Simon Clarke	Coventry Godiva Harriers
1823	1:13:42	6964	Matt Allen	Halesowen ACC	1923	1:17:18	8934	Brendan Dunn	Wimborne AC
1824	1:13:44	6110	Rohan Chaffey	Basingstoke & Mid Hants AC	1924	1:17:23	8413	Richard Hardy	Stopsley Striders
1825	1:13:44	8610	Sam Yell	Tiptree Road Runners	1925	1:17:24	8054	Michael Stephenson	Redhill Road Runners
1826	1:14:00	8368	Gavin Clifton	St Albans Striders	1926	1:17:25	6720	Sam Duong	Dulwich Park Runners
1827	1:14:04	8285	John Foss	South London Harriers	1927	1:17:30	6329	Andy Mitchelson	Brighton & Hove AC
1828	1:14:08	8686	Kai Parker	Trent Park Running Club	1928	1:17:33	8715	Stuart Fogarty	Tring RC
1829	1:14:09	6934	Ashley Spooner	Great Bentley Running Club	1929	1:17:36	7338	Martin Broomfield	Kenilworth Runners
1830	1:14:10	7638	Craig Lamb	Low Fell RC	1930	1:17:43	8658	Sean Driscoll	Totton RC
1831	1:14:10	8645	Alex Slack	Tonbridge AC	1931	1:17:44	7626	Dean Powell	Lordshill Road Runners
1832	1:14:11	8224	Andrew Roberts	Serpentine RC	1932	1:17:45	6451	Richard Buchanan	Centurion RC
1833	1:14:11	8400	Lee Radley	St Neots Riverside Runners	1933	1:17:54	6705	Christopher Edwards	Dorking & Mole Valley AC
1834	1:14:14	7911	John Kingscott	Petts Wood Runners	1934	1:17:58	7225	Martin Searle	Hillingdon AC
1835	1:14:14	7528	Navin Kapil	London City Runners	1935	1:18:02	7643	Michael Smith	Lymm Runners
1836	1:14:17	7916	Michael Reeves	Petts Wood Runners	1936	1:18:05	6530	James Rodwell	City Of Salisbury AC & RC
1837	1:14:17	8290	Robert Laing	South London Harriers	1937	1:18:05	8744	Nick Pierce	Tunbridge Wells Harriers
1838	1:14:18	6412	Luiz Custodio	Cambridge Harriers	1938	1:18:14	6955	Brian O'Kane	Guildford & Godalming AC
1839	1:14:19	6527	Peter Manning	City Of Salisbury AC & RC	1939	1:18:24	6089	David Byrne	Barnet & District AC
1840	1:14:20	7714	Paul Allen	Mornington Chasers	1940	1:18:28	6251	Danny Teare	Blackburn Harriers & AC
1841	1:14:21	8690	Ed Simmons	Trent Park Running Club	1941	1:18:29	6875	Trevor Ingram	Fulham Running Club
1842	1:14:22	8356	David Weldon	Springfield Striders RC	1942	1:18:30	7722	Paul Dickens	Mornington Chasers
1843	1:14:23	7970	Anoop Selvin	Quays Running Club	1943	1:18:30	8760	Paul Colver	Tyne Bridge Harriers
1844	1:14:24	7863	Peter Everitt	Nuneaton Harriers	1944	1:18:31	6221	Alasdair Daw	Billericay Striders
1845	1:14:26	7781	Pab Maddox	Newcastle Staffs Ac	1945	1:18:37	7522	Darren Cudlipp	London City Runners
1846	1:14:28	7167	Richard Bloom	Herts Phoenix Ac	1946	1:18:48	7325	Geoffrey Blair	Jesmond Joggers
1847	1:14:30	7610	Daniel Wrapson	London Heathside	1947	1:18:57	6821	William Brook	Epsom & Ewell Harriers
1848	1:14:31	6217	Paul Jones	Bicester AC	1948	1:18:58	8745	Duncan Ralph	Tunbridge Wells Harriers
1849	1:14:31	8126	Anthony Savage	Ryston Runners	1949	1:19:00	7908	David Groom	Petts Wood Runners
1850	1:14:33	6979	Stephen Fitz-Costa	Halifax Harriers & AC	1950	1:19:06	7168	Stuart Mann	Herts Phoenix Ac
1851	1:14:34	8705	John Griffin	Tri London	1951	1:19:10	8386	Michael Jack	St Albans Striders
1852	1:14:34	7830	David Mills	Northbrook Athletic Club	1952	1:19:15	8270	David Kenyon	Skegness & District Running C
1853	1:14:35	8993	Alistair Holford	Woodford Green AC with Ess-	1953	1:19:24	8983	Stephen Roberts	Witney Road Runners
1854	1:14:35	8022	Gerard Odriscoll	Reading AC	1954	1:19:29	6954	Martin Newman	Guildford & Godalming AC
1855	1:14:37	6111	Tim Fowler	Basingstoke & Mid Hants AC	1955	1:19:30	8374	Paul Duce	St Albans Striders
1856	1:14:37	6807	Mark Moir	East London Runners	1956	1:19:33	7920	Paul Whelan	Petts Wood Runners
1857	1:14:38	6644	Neil Fowler	Crewe and Nantwich AC	1957	1:19:39	8424	Owen Lewis	Stratford Upon Avon AC
1858	1:14:38	7839	Andy Palmer	Norwich Road Runners	1958	1:19:43	8960	Barney Thompson	Windrush Triathlon Club
1859	1:14:40	7835	Ally Haddon	Norwich Road Runners	1959	1:19:45	6239	Martin Ludford	Birmingham Running Athletic
1860	1:14:44	7860	Allan Wilson	Notts AC	1960	1:19:50	7825	Spencer Davies	Northbrook Athletic Club
1861	1:14:44	6417	Martin Hawkins	Cambridge Harriers	1961	1:19:53	7719	Eamon Byrne	Mornington Chasers
1862	1:14:44	8723	Stephen Austin	Tunbridge Wells Harriers	1962	1:19:57	8066	Matthew Cox	Rochdale Harriers & AC
1863	1:14:45	6917	Neil Hobbs	Gloucester AC	1963	1:19:59	6376	Tom Kingsbury	Burnham Joggers
1864	1:14:45	6610	John Treacy	Corby AC	1964	1:20:02	7303	Simon Kirk	Ilkeston Running Club
1865	1:14:45	8351	Tim Brockington	Springfield Striders RC	1965	1:20:07	6207	Brad Freeman	Beverley Athletic Club
1866	1:14:46	6474	Tim Brown	Chichester Runners & AC	1966	1:20:10	7833	Roly Cook	Norwich Road Runners
1867	1:14:52	7158	Valdis Pauzers	Herne Hill Harriers	1967	1:20:14	6411	Stephen Brown	Cambridge Harriers
1868	1:14:53	6588	George Hayes	Colchester Harriers AC	1968	1:20:16	8772	John Moulds	Vale Royal AC
1869	1:14:57	6669	Ashley Baker	Dacorum Athletic Club	1969	1:20:20	7637	Philip Halse	Low Fell RC
1870	1:14:58	8308	Keith Hollis	Southampton Athletic Club	1970	1:20:21	6208	Paul Furness	Beverley Athletic Club
1871	1:15:01	8920	Brynjar Agnarsson	Wimbledon Windmilers	1971	1:20:23	8414	James Bellamy	Stourbridge RC
1872	1:15:01	7761	Lee Braithwaite	Newark AC	1972	1:20:29	7548	Anastasios Koutsos	London Frontrunners
1873	1:15:02	8230	James Turner	Serpentine RC	1973	1:20:31	8873	Colin Williams	Watford Joggers
1874	1:15:04	6456	Andy Rea	Centurion RC	1974	1:20:33	6719	Alan Brown	Dulwich Park Runners
1875	1:15:06	7969	Philip Pennill	Quays Running Club	1975	1:20:36	7235	Richard Hilson	Holland Sports AC
1876	1:15:09	6092	Mark Glover	Barnet & District AC	1976	1:20:39	8682	Eamonn Cullen	Trent Park Running Club
1877	1:15:12	8642	Richard Sargent	Tonbridge Ac	1977	1:20:42	8585	Stephen Penpraze	The Stragglers Running Club
1878	1:15:14	8750	Simon Swinnerton	Tunbridge Wells Harriers	1978	1:20:43	6100	Matthew Sleeman	Barnet & District AC
1879	1:15:19	6295	Tim Hodges	Bournville Harriers	1979	1:20:45	7115	Tom Morris	Hercules Wimbledon AC
1880	1:15:20	8638	Richard Puxty	Tonbridge AC	1980	1:20:45	6633	Martin Slevin	Coventry Godiva Harriers
1881	1:15:22	6970	Andrew Nock	Halesowen ACC	1981	1:20:47	7015	Peter Attenborough	Harborough AC
1882	1:15:23	7519	Antoine Beck	London City Runners	1982	1:20:48	6307	Rob Styles	Bournville Harriers
1883	1:15:26	8124	Russell Tuffin	Rushcliffe Ac	1983	1:20:48	8195	Neil Bradshaw	Serpentine RC
1884	1:15:26	8419	Robert Taylor	Stourbridge RC	1984	1:20:51	6573	Peter Browning	Clypton-le-Moors Harriers
1885	1:15:26	7584	Marco Maserati	London Heathside	1985	1:20:52	6280	David Bradley	Blyth Running Club
1886	1:15:30	8382	Paddy Green	St Albans Striders	1986	1:20:55	7809	Chris Hunt	North Derbyshire RC
1887	1:15:34	6007	James Roden	Abbey Runners	1987	1:21:00	7485	Keith Chambers	Lingfield RC
1888	1:15:34	8694	Adrian Frost	Trentham RC	1988	1:21:03	7723	Andrew Disley	Mornington Chasers
1889	1:15:35	8366	Anthony Bunker	St Albans Striders	1989	1:21:05	7737	Robin Smale	Mornington Chasers
1890	1:15:39	8885	Gary Robinson	West 4 Harriers	1990	1:21:15	7659	Craig Turner	Manchester Harriers & AC
1891	1:15:42	6523	James Ballard	City Of Salisbury AC & RC	1991	1:21:32	6222	Dan Goodson	Billericay Striders
1892	1:15:46	6866	David Smyth	Volkestone RC	1992	1:21:36	8826	Andrew Wright	Victory AC
1893	1:15:48	6153	Bob Frake	Beeston AC	1993	1:21:43	7632	Ricky Zhao	Lordshill Road Runners
1894	1:15:52	8067	Ian Stainthorpe	Rochdale Harriers & AC	1994	1:21:43	6549	Alan Grant	Clapham Chasers
1895	1:15:55	8460	Martin Breeden	Sutton Runners	1995	1:21:51	7925	Neil Colley	Phoenix Striders
1896	1:15:56	6670	Tim Boyall	Dacorum Athletic Club	1996	1:21:51	7729	Gary Homewood	Mornington Chasers
1897	1:15:57	7441	Andrew Howarth	Leigh Harriers & Ac	1997	1:21:58	6619	Garry Flude	Coventry Godiva Harriers
1898	1:16:03	7535	Christos Bitzis-Politis	London Frontrunners	1998	1:22:02	7150	Glen Keegan	Herne Hill Harriers
1899	1:16:05	8212	Sammy Li	Serpentine RC	1999	1:22:05	8421	Robert Reason	Stowmarket Striders RC
1900	1:16:06	8747	Michael Russell	Tunbridge Wells Harriers	2000	1:22:17	7983	Patrick Haggard	Queen's Park Harriers

Senior Men

Pos	Time	No	Name	Club
2001	1:22:27	8385	Jim Hopkins	St Albans Striders
2002	1:22:29	7909	Nigel Hewson	Petts Wood Runners
2003	1:22:32	8591	Bernard Johnson	Thurrock Harriers
2004	1:22:34	7232	Adrian Mathers	Hockley Trail Runners
2005	1:22:36	6387	Peter Bennet	Cambridge & Coleridge AC
2006	1:22:40	8045	Stuart Bell	Redhill Road Runners
2007	1:22:46	8590	Peter Wedderburn	The Stragglers Running Club
2008	1:23:03	7905	Steve Burnett	Petts Wood Runners
2009	1:23:10	6209	Chris Gosden	Bexley Ac
2010	1:23:12	6205	Robert Norman	Belper Harriers
2011	1:23:16	6804	Peter Hatley	East London Runners
2012	1:23:24	6300	Kevin Peace	Bournville Harriers
2013	1:23:29	8398	Andrew O'Connor	St Helens Sutton AC
2014	1:23:31	8891	Jon Moorhouse	West Cheshire Athletic Club
2015	1:23:38	8879	John Freir	West 4 Harriers
2016	1:23:42	7598	Alexander Praag	London Heathside
2017	1:23:56	8394	Mark Stevens	St Albans Striders
2018	1:24:00	6497	Jerry Smith	Chorlton Runners
2019	1:24:09	8427	Dave Wolstencroft	Stratford Upon Avon AC
2020	1:24:10	6643	Frank Stone	Crawley Saints & Sinners Run
2021	1:24:13	6242	David Sansom	Birmingham Running Athletic
2022	1:24:20	8019	Matin Mesghali	Reading AC
2023	1:24:30	6476	Peter Dunne	Chichester Runners & AC
2024	1:24:33	7720	Johnny Chapman	Mornington Chasers
2025	1:24:37	6012	David Morgan	Abingdon AC
2026	1:24:40	6216	Tom Gould	Bicester AC
2027	1:24:51	6924	John Shirley	GoodGym Race Team
2028	1:24:56	6409	Patrick Austin	Cambridge Harriers
2029	1:25:04	8348	Paul Slatford	Sphinx AC
2030	1:25:37	8616	Benedict Brooks	Tonbridge Ac
2031	1:25:42	6856	Andrew Jay	Fairlands Valley Spartans
2032	1:25:46	8371	Mike Dando	St Albans Striders
2033	1:25:46	7490	Scott McDonald	Lingfield RC
2034	1:25:49	6646	Josh Bakare	Croydon Harriers
2035	1:25:58	6382	Robert Sharratt	Burton AC
2036	1:26:12	8434	Simon Webster	Striders Of Croydon
2037	1:26:20	6489	William Franks	Chorlton Runners
2038	1:26:22	8341	Andrew Law	Sparkhill Harriers
2039	1:26:52	6047	Simon Hudson	Aldridge RC
2040	1:26:53	8777	Adrian Pope	Vegan Runners UK
2041	1:26:54	6304	Paul Samuels	Bournville Harriers
2042	1:26:55	7627	Jonathan Rau	Lordshill Road Runners
2043	1:27:07	8256	Neal Matthews	Sheffield RC
2044	1:27:20	6126	Stephen Harvey	Beccles & Bungay Harriers
2045	1:27:22	8786	William Burbridge-James	Victoria Park Harriers And To
2046	1:27:26	7906	Spencer Davis	Petts Wood Runners
2047	1:27:32	6290	John Cheel	Bournville Harriers
2048	1:28:05	6860	Tim Robinson	Fairlands Valley Spartans
2049	1:28:09	7838	Tony Millett	Norwich Road Runners
2050	1:28:16	7930	Laurence Levine	Phoenix Striders
2051	1:29:00	6501	Carl Horth	City of Hull AC
2052	1:29:17	8205	Yue-hang Hans Ho	Serpentine RC
2053	1:29:23	6373	Brian Bower	Burnham Joggers
2054	1:29:46	7827	Adrian Lowe	Northbrook Athletic Club
2055	1:29:52	8439	Nick Crane	Stubbington Green Runners
2056	1:30:01	8281	Tim Cooke	South London Harriers
2057	1:30:12	6426	Mark Newell	Cambridge Harriers
2058	1:30:27	7008	Andrew Carter	Halstead RRC
2059	1:30:31	6974	Jamie Sircorn	Halesowen ACC
2060	1:30:36	7971	Stephen Symons	Quays Running Club
2061	1:30:38	6939	Vernon Thomas	Greenwich Tritons Triathlon C
2062	1:30:42	7704	David Leeds	Mid Essex Casuals
2063	1:31:00	6375	Oliver Keene	Burnham Joggers
2064	1:31:19	6416	Peter Hadley	Cambridge Harriers
2065	1:31:21	8355	Stephen Parr	Springfield Striders RC
2066	1:31:45	6683	Jason Marchant	Dartford Harriers AC
2067	1:31:48	7940	David Davidson	Pitsea Rc
2068	1:31:56	8261	Humphrey Marten	Silson AC
2069	1:32:38	8038	Peter Morris	Reading Roadrunners
2070	1:34:19	8644	Scott Shurmer	Tonbridge Ac
2071	1:35:09	7017	Simon Poynton	Harborough AC
2072	1:35:58	6747	Barrie John Nicholls	Dulwich Runners AC
2073	1:36:28	8116	Dominic Holleron	Ruislip RC
2074	1:36:32	8350	Andy Wilkinson	Sphinx AC
2075	1:37:03	6639	Nick Baker	Crawley Saints & Sinners Run
2076	1:37:28	8617	Steven Brooks	Tonbridge Ac
2077	1:39:02	7993	William O'Connor	Queen's Park Harriers
2078	1:39:12	8111	John Saw	Rugby & Northampton Ac
2079	1:39:16	6682	Robert Coombes	Dartford Harriers AC
2080	1:39:40	6604	Arthur Whiston	Colchester Harriers AC
2081	1:40:04	8260	Tim Bentley	Shelton Striders
2082	1:40:43	7935	John Wilkinson	Phoenix Striders
2083	1:41:08	7569	Robert Gould	London Heathside
2084	1:41:42	7647	Richard Pink	Maidenhead AC
2085	1:46:16	7758	David Grunfeld	Mote Runners
2086	1:47:00	6918	Christopher O'Carroll	Gloucester AC
2087	1:50:10	7926	Peter Eates	Phoenix Striders
2088	1:51:26	7316	David Coley	Ipswich Jaffa RC
2089	1:51:48	7293	Ray Everingham	Iford AC

Team Results:

Pos	Points	Team / Club	Placings
1	209	Southampton Athletic Club	(1 4 10 48 66 80)
2	265	Leeds City Athletic Club	(2 23 43 55 67 75)
3	270	Cambridge & Coleridge AC	(14 15 34 42 47 118)
4	383	Bristol and West AC	(5 50 56 59 73 140)
5	465	Tonbridge Ac	(28 51 69 76 98 143)
6	513	Highgate Harriers	(17 83 84 99 105 125)
7	555	Sale Harriers Manchester	(6 64 100 112 136 137)
8	564	Hercules Wimbledon AC	(33 58 107 121 122 123)
9	615	Bedford & County AC	(19 32 40 77 179 268)
10	631	Aldershot Farnham & District	(13 30 46 82 87 373)
11	678	Notts AC	(22 27 60 65 180 324)
12	764	Hallamshire Harriers Sheffield	(9 102 154 157 169 173)
13	768	Kent AC	(3 37 95 185 209 239)
14	801	Thames Valley Harriers	(88 91 129 138 164 191)
15	845	Morpeth Harriers & AC	(44 86 103 158 165 289)
16	1092	Thames Hare & Hounds	(62 79 183 245 258 265)
17	1124	London Heathside	(52 115 168 235 274 280)
18	1401	Serpentine RC	(153 205 207 250 291 295)
19	1417	Belgrave Harriers	(68 127 292 297 315 318)
20	1561	Woodford Green AC with Essex L	(16 172 199 217 424 533)
21	1565	Victoria Park Harriers And Tower	(114 215 237 286 314 399)
22	1655	Salford Harriers & Ac	(8 134 149 376 488 500)
23	1733	Herne Hill Harriers	(201 240 302 317 319 354)
24	1758	City Of Norwich AC	(94 254 256 359 369 426)
25	1966	Dulwich Runners AC	(61 63 389 459 476 518)
26	2097	Tipton Harriers	(182 196 323 332 514 550)
27	2252	South London Harriers	(249 264 279 391 471 598)
28	2269	Coventry Godiva Harriers	(271 316 331 395 410 546)
29	2303	Derby Athletic Club	(31 57 130 170 362 1553)
30	2435	Ealing Southall & Middlesex AC	(128 204 374 437 513 779)
31	2467	Swindon Harriers	(178 338 340 458 511 642)
32	2531	Windsor Slough Eton & Hounslow	(109 225 285 350 677 885)
33	2591	Winchester & District AC	(131 148 370 535 635 772)
34	2597	Rotherham Harriers And Ac	(39 106 388 388 484 1197)
35	2599	Rugby & Northampton Ac	(38 117 272 559 773 840)
36	2632	Blackheath & Bromley Harriers A	(310 330 337 475 553 627)
37	2993	Horwich R M I Harriers	(97 224 561 566 571 974)
38	3092	Team Bath Athletic Club	(311 406 524 551 602 698)
39	3097	Brighton & Hove AC	(35 36 234 243 622 1927)
40	3111	Basingstoke & Mid Hants AC	(101 226 321 432 444 1586)
41	3204	Havering AC	(171 253 421 629 719 1011)
42	3257	Southend On Sea Ac	(184 301 438 634 742 958)
43	3269	Croydon Harriers	(18 150 482 619 823 1177)
44	3428	Sunderland Harriers & AC	(139 278 419 654 821 1117)
45	3439	Medway And Maidstone Ac	(113 206 537 714 856 1013)
46	3452	Cambridge Harriers	(246 328 586 590 725 977)
47	3469	Tring RC	(119 356 443 494 895 1162)
48	3506	Chichester Runners & AC	(29 238 325 555 982 1377)
49	3559	Ware Joggers	(72 307 605 689 768 1118)
50	3569	Barnet & District AC	(305 375 436 592 628 1233)
51	3691	Clapham Chasers	(478 536 567 661 678 771)
52	3856	Leighton Buzzard Athletic Club	(299 532 568 685 728 1044)
53	3900	Eton Manor AC	(531 604 612 644 687 822)
54	3948	Guildford & Godalming AC	(398 560 632 740 760 858)
55	4026	Tunbridge Wells Harriers	(161 365 761 818 854 1067)
56	4048	Wimbledon Windmilers	(382 552 705 707 735 967)
57	4078	Epsom & Ewell Harriers	(349 517 587 638 824 1163)
58	4096	Lordshill Road Runners	(351 594 694 753 786 918)
59	4099	Kendal Amateur Athletic Club	(141 244 613 979 1039 1083)
60	4167	Bromsgrove and Redditch	(379 508 593 599 907 1181)
61	4242	Reading Roadrunners	(262 515 615 867 933 1050)
62	4274	St Albans Striders	(480 588 711 727 820 948)
63	4436	Wycombe Phoenix Harriers & Ac	(151 557 641 912 1041 1134)
64	4438	Harrow AC	(377 460 767 770 843 1221)
65	4444	Blackburn Harriers & Ac	(92 189 218 473 1532 1940)
66	4492	Watford Joggers	(346 505 669 739 928 1305)
67	4502	Westbury Harriers	(260 303 811 953 1000 1175)
68	4533	Oxford University AC	(142 227 601 665 1238 1660)
69	4587	Trent Park Running Club	(645 646 658 852 870 916)
70	4711	Mornington Chasers	(548 672 721 894 922 954)
71	4748	Headington RR	(413 649 703 795 1064 1124)
72	4766	Chorlton Runners	(221 782 862 873 951 1077)
73	4803	Orion Harriers	(267 386 528 911 1313 1398)
74	4874	Halesowen ACC	(470 611 752 807 845 1389)
75	5061	Shaftesbury Barnet Harriers	(20 263 917 1212 1228 1421)
76	5068	Queen's Park Harriers	(300 441 863 962 1231 1271)
77	5139	Ranelagh Harriers	(284 748 813 965 1045 1284)
78	5163	Fulham Running Club	(564 657 774 1020 1073 1075)
79	5636	Reading AC	(145 603 653 1274 1460 1501)
80	5678	Wirral AC	(462 575 884 1125 1176 1456)
81	5701	Dorking & Mole Valley AC	(312 743 968 1160 1216 1302)
82	5732	Poole Ac	(174 352 736 1087 1473 1910)
83	5754	Manx Harriers	(415 545 804 883 1366 1741)
84	5824	City Of Salisbury AC & RC	(345 730 869 1244 1282 1354)

Senior Men

Pos	Time	No Name	Club	Pos	Time	No Name	Club
85	5929	Leigh on Sea Striders	(648 696 860 1204 1259 1262)				
86	6009	Newark AC	(110 717 791 1016 1503 1872)				
87	6017	Sheffield RC	(368 708 899 919 1080 2043)				
88	6024	London Fronrunners	(540 976 1086 1112 1120 1190)				
89	6043	Tyne Bridge Harriers	(467 609 989 1049 1441 1488)				
90	6045	Newcastle Staffs Ac	(282 746 847 1128 1504 1538)				
91	6140	Holme Pierrepont Rc	(631 668 985 1104 1337 1415)				
92	6152	Nuneaton Harriers	(690 934 1024 1106 1174 1224)				
93	6367	Aldridge RC	(487 832 995 1229 1346 1478)				
94	6392	Kenilworth Runners	(371 617 859 1463 1511 1571)				
95	6427	Beeston AC	(766 801 810 1143 1384 1523)				
96	6445	York Knavesmire Harriers	(846 853 1002 1246 1248 1250)				
97	6660	Royston Runners	(606 897 1033 1247 1401 1476)				
98	6755	The Stragglers Running Club	(652 722 898 1373 1472 1638)				
99	6775	Ilford AC	(12 580 1012 1484 1598 2089)				
100	6887	London City Runners	(913 1074 1121 1123 1195 1461)				
101	6944	Tri London	(754 955 1122 1179 1329 1605)				
102	6960	Wallsend Harriers & Ac	(831 944 1088 1308 1331 1458)				
103	7088	Garden City Runners	(1027 1101 1165 1201 1242 1352)				
104	7102	Colchester Harriers AC	(236 879 1403 1435 1574 1575)				
105	7162	Canterbury Harriers	(304 681 1322 1359 1591 1905)				
106	7181	Lingfield RC	(450 781 1019 1519 1664 1748)				
107	7256	Blackpool Wyre & Fylde AC	(679 903 1240 1263 1422 1749)				
108	7281	Birmingham Running Athletics &	(435 710 866 1290 1959 2021)				
109	7319	Striders Of Croydon	(556 874 963 1556 1657 1713)				
110	7409	Ashford & District RRC	(1046 1094 1144 1318 1353 1454)				
111	7473	Trentham RC	(990 1084 1102 1227 1492 1578)				
112	7826	Ilkeston Running Club	(591 1017 1468 1546 1567 1637)				
113	7916	Ful-On Tri Club	(434 1275 1434 1481 1611 1681)				
114	7963	Petts Wood Runners	(908 1023 1321 1355 1577 1779)				
115	7990	Billericay Striders	(485 1237 1241 1412 1701 1914)				
116	8082	Leigh Harriers & Ac	(744 950 1387 1465 1639 1897)				
117	8136	Heanor Running Club	(956 1051 1420 1471 1502 1736)				
118	8251	Bournville Harriers	(392 1192 1554 1555 1679 1879)				
119	8322	Burnham Joggers	(492 1232 1370 1490 1775 1963)				
120	8538	West 4 Harriers	(1154 1168 1217 1584 1700 1715)				
121	8542	Sutton Runners	(803 1189 1367 1626 1662 1895)				
122	8546	Redhill Road Runners	(888 1095 1340 1640 1769 1814)				
123	8594	Northbrook Athletic Club	(1018 1169 1400 1445 1710 1852)				
124	8666	East London Runners	(881 1056 1294 1568 1856 2011)				
125	9003	Pitsea RC	(806 1131 1622 1688 1689 2067)				
126	9121	Manchester Harriers & AC	(446 1581 1597 1706 1801 1990)				
127	9291	Totton RC	(1148 1306 1347 1742 1818 1930)				
128	9511	Stubbington Green Runners	(1172 1449 1634 1671 1672 1913)				
129	9692	Halstead RRC	(1127 1390 1561 1759 1797 2058)				
130	9773	Springfield Striders RC	(1187 1206 1608 1842 1865 2065)				
131	9987	Windrush Triathlon Club	(1157 1655 1716 1737 1764 1958)				
132	10043	Norwich Road Runners	(1180 1607 1768 1771 1858 1859)				
133	10547	Phoenix Striders	(1330 1547 1707 1918 1995 2050)				