

# 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 Shanry	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 Eglon	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	Bony 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 Harriei
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 Harriei
231	0:48:36	7438	Pascal Bouttier-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 Harriei
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 H
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 Sparschott	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 Millns	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 Dearnie /	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 Stirik	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 To
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 Frontrunners
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	Wimbleton 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	Donscast 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	Ifford 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	Higgle 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	Ikleston 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	Lordhill 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 Harrie
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 Harrie	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 Clu
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	Stephail Milton Keynes AC	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 Harrie
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	Alcester 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	Barrow 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 Clu	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 Pradharn	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 Conneta	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 Tippett	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 McAeney	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 Ecclestone	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 Dowsley	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 Gaillemin	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	Xenophon Gogouvtitis	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	Krisztian 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 Harriers
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 Club	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 Totterd	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 & Tamworth
1215	1:02:23	7496	Stephen Williams	Littledown Harriers	1315	1:04:00	7706	Aaron Keys	Middlesbrough & Cleveland Harriers
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 Club
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	Pettus Wood Runners
1222	1:02:31	6665	Jacob Plieth	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 AC
1225	1:02:33	8086	Sam Crawford	Royal Sutton Coldfield Athletics Club	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 MacSparran	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 Harriers
1234	1:02:41	6467	Matthew Evans	Cheltenham and County Harriers	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 AC	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	Pettus 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 AC	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 Club	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 Harriers
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 AC	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 AC	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 Club	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 Club
1297	1:03:43	9017	Kieran Gilfedder	Wycombe Phoenix Harriers & AC	1397	1:05:14	7613	Robert Daniel Agar	Lordshill Road Runners
1298	1:03:43	6916	Dave Gresswell	GloUCESTER 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

<b>Pos</b>	<b>Time</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Pos</b>	<b>Time</b>	<b>No</b>	<b>Name</b>	<b>Club</b>
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	Wycombe 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	Amphill & 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 Fronrunners	1511	1:07:37	7340	Barry Elkington	Kenilworth Runners
1412	1:05:30	6219	David Butler	Billerica 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	Darford 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	Keosle & 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	Darford 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 Cronshaw	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 I	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	Witney 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	Solihi & 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 & Tendingr 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 Nippress	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 Aznanan	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 Harrie
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	Harpندن Arrows	1796	1:12:57	8115	Paul Pratt	Rugeley Runners
1697	1:10:41	6673	Martin Gill	Dacorurn 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	Poolle 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	Tonbridge 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	Phillip 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	Folkestone 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	Clyapham 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	Pos	Time	No	Name	Club
2001	1:22:27	8385	Jim Hopkins	St Albans Striders	<b>Team Results:</b>				
2002	1:22:29	7909	Nigel Hewson	Petts Wood Runners	<b>Pos</b>	<b>Points</b>	<b>Team / Club</b>	<b>Placings</b>	
2003	1:22:32	8591	Bernard Johnson	Thurrock Harriers	1	697	Leeds City Athletic Club	( 2 23 43 55 67 75 85 166 181 )	
2004	1:22:34	7232	Adrian Mathers	Hockley Trail Runners	2	761	Southampton Athletic Club	( 1 4 10 48 66 80 81 214 257 )	
2005	1:22:36	6387	Peter Bennet	Cambridge & Coleridge AC	3	894	Cambridge & Coleridge AC	( 14 15 34 42 47 118 126 159 339 )	
2006	1:22:40	8045	Stuart Bell	Redhill Road Runners	4	963	Tonbridge Ac	( 28 51 69 76 98 143 147 175 176 )	
2007	1:22:46	8590	Peter Wedderburn	The Stragglers Running Club	5	1145	Highgate Harriers	( 17 83 84 99 105 125 177 208 247 )	
2008	1:23:03	7905	Steve Burnett	Petts Wood Runners	6	1154	Hercules Wimbledon AC	( 33 58 107 121 122 123 193 195 202 )	
2009	1:23:10	6209	Chris Gosden	Bexley Ac	7	1198	Sale Harriers Manchester	( 6 64 100 112 136 137 190 194 259 )	
2010	1:23:12	6205	Robert Norman	Belper Harriers	8	1243	Bristol and West AC	( 5 50 56 59 73 140 155 348 357 )	
2011	1:23:16	6804	Peter Hatley	East London Runners	9	1376	Hallamshire Harriers Sheffield	( 9 102 154 157 169 173 197 203 212 )	
2012	1:23:24	6300	Kevin Peace	Bournville Harriers	10	1747	Kent AC	( 3 37 95 185 209 239 273 281 425 )	
2013	1:23:29	8398	Andrew O'Connor	St Helens Sutton AC	11	2007	Thames Valley Harriers	( 88 91 129 138 164 191 251 472 483 )	
2014	1:23:31	8891	Jon Moorhouse	West Cheshire Athletic Club	12	2062	Thames Hare & Hounds	( 62 79 183 245 258 265 283 329 358 )	
2015	1:23:38	8879	John Freir	West 4 Harriers	13	2116	Notts AC	( 22 27 60 65 180 324 387 510 541 )	
2016	1:23:42	7598	Alexander Praag	London Heathside	14	2242	London Heathside	( 52 115 168 235 274 280 313 393 412 )	
2017	1:23:56	8394	Mark Stevens	St Albans Striders	15	2327	Morpeth Harriers & AC	( 44 86 103 158 165 289 439 521 522 )	
2018	1:24:00	6497	Jerry Smith	Chorlton Runners	16	2359	Bedford & County AC	( 19 32 40 77 179 268 414 664 666 )	
2019	1:24:09	8427	Dave Wolstencroft	Stratford Upon Avon AC	17	2557	Belgrave Harriers	( 68 127 292 297 315 318 335 400 405 )	
2020	1:24:10	6643	Frank Stone	Crawley Saints & Sinners Run	18	2650	Aldershot Farnham & District	( 13 30 46 82 87 373 429 726 864 )	
2021	1:24:13	6242	David Sansom	Birmingham Running Athletic	19	2934	Herne Hill Harriers	( 201 240 302 317 319 354 355 397 449 )	
2022	1:24:20	8019	Matin Mesghali	Reading AC	20	3022	Serpentine RC	( 153 205 207 250 291 295 431 547 643 )	
2023	1:24:30	6476	Peter Dunne	Chichester Runners & AC	21	3162	Victoria Park Harriers And Tower	( 114 215 237 286 314 399 455 509 633 )	
2024	1:24:33	7720	Johnny Chapman	Mornington Chasers	22	3621	Woodford Green AC with Essex L	( 16 172 199 217 424 533 570 640 850 )	
2025	1:24:37	6012	David Morgan	Abingdon AC	23	3697	Salford Harriers & Ac	( 8 134 149 376 488 500 659 667 716 )	
2026	1:24:40	6216	Tom Gould	Bicester AC	24	3932	Dulwich Runners AC	( 61 63 389 459 476 518 542 683 741 )	
2027	1:24:51	6924	John Shirley	GoodGym Race Team	25	4148	City Of Norwich AC	( 94 254 256 359 369 426 452 686 1252 )	
2028	1:24:56	6409	Patrick Austin	Cambridge Harriers	26	4546	South London Harriers	( 249 264 279 391 471 598 624 802 868 )	
2029	1:25:04	8348	Paul Slatford	Sphinx AC	27	4811	Tipton Harriers	( 182 196 323 332 514 550 731 784 1199 )	
2030	1:25:37	8616	Benedict Brooks	Tonbridge Ac	28	4933	Coventry Godiva Harriers	( 271 316 331 395 410 546 625 1009 1030 )	
2031	1:25:42	6856	Andrew Jay	Fairlands Valley Spartans	29	5112	Blackheath & Bromley Harriers A	( 310 330 337 475 553 627 723 756 1001 )	
2032	1:25:46	8371	Mike Dando	St Albans Striders	30	5352	Ealing Southall & Middlesex AC	( 128 204 374 437 513 779 817 1031 1069 )	
2033	1:25:46	7490	Scott McDonald	Lingfield RC	31	5510	Winchester & District AC	( 131 148 370 535 635 772 890 910 1119 )	
2034	1:25:49	6646	Josh Bakare	Croydon Harriers	32	5925	Team Bath Athletic Club	( 311 406 524 551 602 698 825 1003 1005 )	
2035	1:25:58	6382	Robert Sharratt	Burton AC	33	6165	Clapham Chasers	( 478 536 567 661 678 771 777 793 904 )	
2036	1:26:12	8434	Simon Webster	Striders Of Croydon	34	6755	Cambridge Harriers	( 246 328 586 590 725 977 1052 1100 1151 )	
2037	1:26:20	6489	William Franks	Chorlton Runners	35	6994	Eton Manor AC	( 531 604 612 644 687 822 871 1025 1198 )	
2038	1:26:22	8341	Andrew Law	Sparkhill Harriers	36	6995	Guildford & Godalming AC	( 398 566 632 740 760 858 931 1053 1063 )	
2039	1:26:52	6047	Simon Hudson	Aldridge RC	37	7226	Leighton Buzzard Athletic Club	( 299 532 568 685 728 1044 1054 1055 1261 )	
2040	1:26:53	8777	Adrian Pope	Vegan Runners UK	38	7304	Sunderland Harriers & AC	( 139 278 419 654 821 1117 1142 1245 1489 )	
2041	1:26:54	6304	Paul Samuels	Bournville Harriers	39	7376	Croydon Harriers	( 18 150 482 619 823 1177 1222 1371 1514 )	
2042	1:26:55	7627	Jonathan Rau	Fairlands Valley Spartans	40	7594	Tunbridge Wells Harriers	( 161 365 761 818 854 1067 1133 1182 1253 )	
2043	1:27:07	8256	Neal Matthews	Norwich Road Runners	41	7692	Lordshill Road Runners	( 351 594 694 753 786 918 1139 1202 1255 )	
2044	1:27:20	6126	Stephen Harvey	Sheffield RC	42	7700	St Albans Striders	( 480 588 711 727 820 948 973 1141 1312 )	
2045	1:27:22	8786	William Burbridge-James	Victoria Park Harriers And To	43	7778	Mornington Chasers	( 548 672 721 894 922 954 961 1047 1059 )	
2046	1:27:26	7906	Spencer Davis	Petts Wood Runners	44	7804	Barnet & District AC	( 305 375 436 592 628 1233 1257 1395 1583 )	
2047	1:27:32	6290	John Cheel	Bournville Harriers	45	7852	Reading Roadrunners	( 262 515 615 867 933 1050 1062 1191 1357 )	
2048	1:28:05	6860	Tim Robinson	Fairlands Valley Spartans	46	7883	Wimbledon Windmilers	( 382 552 705 707 735 967 1014 1281 1540 )	
2049	1:28:09	7838	Tony Millett	Norwich Road Runners	47	8224	Basingstoke & Mid Hants AC	( 101 226 322 432 444 1586 1590 1699 1824 )	
2050	1:28:16	7930	Laurence Levine	Phoenix Striders	48	8356	Chorlton Runners	( 221 782 862 873 951 1077 1111 1145 1334 )	
2051	1:29:00	6501	Carl Horth	City of Hull AC	49	8385	Headington RR	( 413 649 703 795 1064 1124 1146 1218 1273 )	
2052	1:29:17	8205	Yue-hang Hans Ho	Serpentine RC	50	8570	Epsom & Ewell Harriers	( 349 517 587 638 824 1163 1336 1399 1757 )	
2053	1:29:23	6373	Brian Bower	Burnham Joggers	51	8797	Wycombe Phoenix Harriers & Ac	( 151 557 641 912 1041 1134 1297 1406 1658 )	
2054	1:29:46	7827	Adrian Lowe	Northbrook Athletic Club	52	8846	Chichester Runners & AC	( 29 238 325 555 982 1377 1451 1866 2023 )	
2055	1:29:52	8439	Nick Crane	Stubbington Green Runners	53	9360	Queen's Park Harriers	( 300 441 863 962 1231 1271 1291 1474 1527 )	
2056	1:30:01	8281	Tim Cooke	South London Harriers	54	9664	Fulham Running Club	( 564 657 774 1020 1073 1075 1236 1522 1743 )	
2057	1:30:12	6426	Mark Newell	Cambridge Harriers	55	9738	Halesowen ACC	( 470 611 752 807 845 1389 1536 1541 1787 )	
2058	1:30:27	7008	Andrew Carter	Halstead RRC	56	9772	Shaftesbury Barnet Harriers	( 20 263 917 1212 1228 1421 1533 1582 1596 )	
2059	1:30:31	6974	Jamie Sircom	Halesowen ACC	57	9875	Dorking & Mole Valley AC	( 312 743 968 1160 1216 1302 1316 1419 1439 )	
2060	1:30:36	7971	Stephen Symons	Quays Running Club	58	9973	Leigh on Sea Striders	( 648 696 860 1204 1259 1262 1283 1328 1433 )	
2061	1:30:38	6939	Vernon Thomas	Greenwich Tritons Triathlon C	59	10232	Trent Park Running Club	( 645 646 658 852 870 916 1828 1841 1976 )	
2062	1:30:42	7704	David Leeds	Mid Essex Casuals	60	10425	London Frontrunners	( 540 976 1086 1112 1120 1190 1286 1411 1704 )	
2063	1:31:00	6375	Oliver Keene	Burnham Joggers	61	10795	Nuneaton Harriers	( 690 934 1024 1106 1174 1224 1335 1632 1676 )	
2064	1:31:19	6416	Peter Hadley	Cambridge Harriers	62	10870	Holme Pierrepont Rc	( 631 668 985 1104 1337 1415 1507 1610 1613 )	
2065	1:31:21	8355	Stephen Parr	Springfield Striders RC	63	11023	Newcastle Staffs AC	( 282 746 847 1128 1504 1538 1550 1682 1746 )	
2066	1:31:45	6683	Jason Marchant	Dartford Harriers AC	64	11089	City Of Salisbury AC & RC	( 345 730 869 1244 1282 1354 1535 1839 1891 )	
2067	1:31:48	7940	David Davidson	Pitsea Rc	65	11235	Reading AC	( 145 603 653 1274 1460 1501 1723 1854 2022 )	
2068	1:31:56	8261	Humphrey Marten	Silson AC	66	11254	Beeston AC	( 766 801 810 1143 1384 1523 1558 1600 1669 )	
2069	1:32:38	8038	Peter Morris	Reading Roadrunners	67	11346	Tyne Bridge Harriers	( 467 609 989 1049 1441 1488 1548 1812 1943 )	
2070	1:34:19	8644	Scott Shurmer	Tonbridge Ac	68	11640	London City Runners	( 913 1074 1121 1123 1195 1461 1487 1631 1635 )	
2071	1:35:09	7017	Simon Poynton	Harborough AC	69	11818	The Stragglers Running Club	( 652 722 898 1373 1472 1638 1649 1690 1724 )	
2072	1:35:58	6747	Barrie John Nicholls	Dulwich Runners AC	70	11874	Ashford & District RRC	( 1046 1094 1144 1318 1353 1454 1479 1480 1506 )	
2073	1:36:28	8116	Dominic Holleron	Ruislip RC	71	12569	Colchester Harriers AC	( 236 879 1403 1435 1574 1575 1783 1816 1868 )	
2074	1:36:32	8350	Andy Wilkinson	Sphinx AC	72	12977	Lingfield RC	( 450 781 1019 1519 1664 1748 1776 1987 2033 )	
2075	1:37:03	6639	Nick Baker	Crawley Saints & Sinners Run	73	13534	Petts Wood Runners	( 908 1023 1321 1355 1577 1779 1834 1836 1901 )	
2076	1:37:28	8617	Steven Brooks	Tonbridge Ac	74	14256	West 4 Harriers	( 1154 1168 1217 1584 1700 1715 1813 1890 2015 )	
2077	1:39:02	7993	William O'Connor	Queen's Park Harriers	75	14286	Bournville Harriers	( 392 1192 1554 1555 1679 1879 1982 2012 2041 )	
2078	1:39:12	8111	John Saw	Rugby & Northampton Ac	76	14299	Redhill Road Runners	( 888 1095 1340 1640 1769 1814 1822 1925 2006 )	
2079	1:39:16	6682	Robert Coombes	Dartford Harriers AC	77	14524	Northbrook Athletic Club	( 1018 1169 1400 1445 1710 1852 1916 1960 2054 )	
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	Ilford AC					