

## Junior Men

Pos	RaceNo	Time	Name	Club
1	3341	00:34:09	Nick Goolab	Belgrave Harriers
2	3659	00:34:27	Ben Hunter	Southend AC
3	3747	00:34:38	Ronnie Sparke	Woodford Green AC with Essex Ladies
4	3724	00:34:47	Phillip Berntsen	Winchester & District AC
5	3535	00:34:50	James Wilkinson	Leeds City AC
6	3412	00:35:32	Mitch Goose	City of Norwich AC
7	3454	00:35:34	Simon Horsfield	East Cheshire Harriers & Tameside AC
8	3413	00:35:35	Ashley Harrell	City of Norwich AC
9	3455	00:35:41	Shaun Collins	Enfield & Haringey AC
10	3358	00:35:48	James Trollope	Birchfield Harriers
11	3708	00:35:48	Matthew Jackson	Warrington AC
12	3643	00:35:55	Dominic Easter	Shaftesbury Barnet Harriers
13	3404	00:35:58	Seb Foy	Cheltenham & County Harriers
14	3349	00:36:04	Jonathan Brownlee	Bingley Harriers & AC
15	3313	00:36:07	Steve Scullion	Aldershot Farnham & District AC
16	3644	00:36:08	Jake Shelley	Shaftesbury Barnet Harriers
17	3335	00:36:09	Ryan Parker	Bedford & County AC
18	3459	00:36:29	Ben Nagy	Enfield & Haringey AC
19	3741	00:36:31	Angus Holford	Woodford Green AC with Essex Ladies
20	3527	00:36:33	Geoff Belcher	Leeds City AC
21	3546	00:36:36	Ricky Challinor	Liverpool Harriers & AC
22	3409	00:36:38	Luke Allen	City of Norwich AC
23	3727	00:36:40	Max Kiralyfi	Winchester & District AC
24	3350	00:36:44	Thomas Crowley	Bingley Harriers & AC
25	3411	00:36:46	Tommy Carroll	City of Norwich AC
26	3746	00:36:49	Thomas Phillips	Woodford Green AC with Essex Ladies
27	3709	00:36:52	Oliver Park	Warrington AC
28	3316	00:36:53	Tom Wade	Aldershot Farnham & District AC
29	3625	00:36:54	Will Mackay	Riverside Runners ( St.Neots )
30	3533	00:36:56	Michael Salter	Leeds City AC
31	3383	00:36:59	Richard Peters	Bristol & West AC
32	3537	00:37:00	Oliver Ziff	Leeds City AC
33	3386	00:37:06	Dan Woolford	Bristol & West AC
34	3310	00:37:07	Chris Moore	Aldershot Farnham & District AC
35	3368	00:37:09	Luke Minns	Blackpool Wyre & Fylde AC
36	3422	00:37:11	Matthew Cleave	Cornwall AC
37	3315	00:37:20	Joe Wade	Aldershot Farnham & District AC
38	3726	00:37:22	Dom Kiralyfi	Winchester & District AC
39	3384	00:37:25	Harry Webb	Bristol & West AC
40	3688	00:37:31	Jelle Verwer	Tipton Harriers
41	3731	00:37:34	Alex Tovey	Windsor Slough Eton & Hounslow AC
42	3723	00:37:39	Tom Anderson	Winchester & District AC
43	3499	00:37:42	Matthew Revier	Hillingdon AC
44	3362	00:37:43	Alex Bruce-Littlewood	Blackheath & Bromley Harriers
45	3598	00:37:43	Tom Mahon	OWLS AC
46	3716	00:37:45	Sam Dagleish	Westbury Harriers
47	3674	00:37:47	Matthew Withey	Stroud & District AC
48	3425	00:37:50	Chris Bannon	Coventry Godiva Harriers
49	3508	00:37:52	Elliot Palmer	Ipswich Harriers
50	3312	00:37:58	Mickey Reed	Aldershot Farnham & District AC
51	3593	00:37:59	Jack Stroud	Orion Harriers
52	3536	00:37:59	Michael Williams	Leeds City AC

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Pos	RaceNo	Time	Name	Club
53	3639	00:38:02	Sam O'Neill	Scunthorpe & District AC
54	3632	00:38:02	Niall Brooks	Sale Harriers Manchester
55	3566	00:38:02	James Mee	Mansfield Harriers & AC
56	3638	00:38:04	James Krsft	Scarborough AC
57	3389	00:38:04	Will Mycroft	Cambridge & Coleridge AC
58	3647	00:38:08	Abdirisak Ahmed	Sheffield RC
59	3658	00:38:09	Lloyd Hartman	Southend AC
60	3460	00:38:12	Matt Sharp	Enfield & Haringey AC
61	3423	00:38:13	Ryan Cleave	Cornwall AC
62	3591	00:38:14	Michael Mannings	Oldham & Royton Harriers & AC
63	3583	00:38:15	Harry Paton	Newcastle University AC
64	3622	00:38:17	Carl Bradbury	Reading AC
65	3689	00:38:22	Sam Bradley	Tonbridge AC
66	3642	00:38:24	Billy Collins	Shaftesbury Barnet Harriers
67	3640	00:38:25	Sagie Benaim	Shaftesbury Barnet Harriers
68	3550	00:38:27	Laurie Luscombe	Liverpool Harriers & AC
69	3588	00:38:33	Chris McGurk	Notts AC
70	3743	00:38:35	Omar Mansour	Woodford Green AC with Essex Ladies
71	3597	00:38:36	Eddie Highton	OWLS AC
72	3624	00:38:44	Douglas Roberts	Richmond & Zetland Harriers
73	3338	00:38:52	Stephen Tuttle	Bedford & County AC
74	3427	00:38:53	Tom Madden	Coventry Godiva Harriers
75	3374	00:38:56	Matthew Grace	Bourne Town Harriers
76	3504	00:38:57	Chris Holmes	Invicta East Kent AC
77	3309	00:39:01	Danny Heathcoye	Aldershot Farnham & District AC
78	3637	00:39:02	Joe Bailey	Salford Harriers
79	3541	00:39:04	Shane Robinson	Lincoln Wellington AC
80	3599	00:39:07	Josh Norman	OWLS AC
81	3332	00:39:10	Robert Heaney	Bedford & County AC
82	3464	00:39:12	Alex Hawkins	Epsom & Ewell Harriers
83	3551	00:39:15	James Russell	Liverpool Harriers & AC
84	3382	00:39:17	Sean Hazell	Bristol & West AC
85	3704	00:39:17	Chris Perry	Vale Royal AC
86	3728	00:39:18	Jamie Knapp	Winchester & District AC
87	3330	00:39:19	Alex Bellew	Bedford & County AC
88	3742	00:39:22	Gavin Lewis	Woodford Green AC with Essex Ladies
89	3424	00:39:23	Christopher Dobson	Cornwall AC
90	3528	00:39:27	Alex Davy	Leeds City AC
91	3673	00:39:27	Carl Frapwell	Stroud & District AC
92	3695	00:39:31	Kurt Wolfe	Tonbridge AC
93	3445	00:39:37	Sam Ashcroft	Ealing Southall & Middlesex AC
94	3419	00:39:40	Iain Lynn	City of York AC
95	3672	00:39:41	Dean Matkin	Stockport Harriers & AC
96	3530	00:39:44	James Lavin	Leeds City AC
97	3701	00:39:53	James Griffiths	Vale Royal AC
98	3700	00:39:55	Zach Cross	Vale Royal AC
99	3318	00:39:59	Robert Love	Amber Valley AC
100	3714	00:40:00	Andrew Ridley	West Suffolk AC
101	3623	00:40:03	Daniel Thorne	Reading AC
102	3415	00:40:05	James Preston	City of Norwich AC
103	3580	00:40:06	Kris Axok	Newcastle University AC
104	3478	00:40:07	Matthew Judson	Harrow AC

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Pos	RaceNo	Time	Name	Club
105	3656	00:40:09	Howard Clarke	Southend AC
106	3631	00:40:12	David Smith	Rotherham Harriers & AC
107	3444	00:40:19	Alex Ward	Dorking & Mole Valley AC
108	3377	00:40:20	Jake Hughes	Bracknell AC
109	3434	00:40:22	Nick Wood	Dartford Harriers AC
110	3388	00:40:29	Alister Mathie	Burton AC
111	3579	00:40:29	Josh Reed	Nene Valley Harriers
112	3692	00:40:34	Chris Kiely	Tonbridge AC
113	3493	00:40:37	Andrew Penney	Hercules Wimbledon AC
114	3365	00:40:38	Frank Kilama	Blackheath & Bromley Harriers
115	3594	00:40:47	Tom Bell	OWLS AC
116	3385	00:40:49	Rob Whitham	Bristol & West AC
117	3417	00:40:51	James Teuten	City of Portsmouth AC
118	3448	00:40:53	Luke Nicholas	Ealing Southall & Middlesex AC
119	3399	00:40:59	Scott Baxter	Charnwood AC
120	3571	00:41:10	Anthony Pinol	Medway & Maidstone AC
121	3565	00:41:13	Luke Marshall	Mansfield Harriers & AC
122	3681	00:41:20	Mohamud Aadan (F)	Thames Valley Harriers
123	3329	00:41:23	Daniel Francis	Basingstoke & Mid Hants AC
124	3633	00:41:27	Rob Jowett	Sale Harriers Manchester
125	3451	00:41:29	David Barratt	East Cheshire Harriers & Tameside AC
126	3339	00:41:40	Sam Wallbank	Bedford & County AC
127	3305	00:41:45	Tom Bowerman	Aldershot Farnham & District AC
128	3431	00:41:48	Jamie Rutherford	Darlington Harriers
129	3463	00:41:50	Alex Byrne	Epsom & Ewell Harriers
130	3429	00:41:52	Lenny Shail	Coventry Godiva Harriers
131	3507	00:42:02	Daniel Palmer	Ipswich Harriers
132	3458	00:42:08	Alex Milne	Enfield & Haringey AC
133	3562	00:42:11	Liam Bartlett	Manchester Harriers & AC
134	3387	00:42:12	Simon Lawckham	Bromsgrove & Redditch AC
135	3690	00:42:15	James Darby	Tonbridge AC
136	3494	00:42:26	Alex Robinson	Hercules Wimbledon AC
137	3748	00:42:34	Rory Johnson	Worcester AC
138	3406	00:42:44	Will New	Cheltenham & County Harriers
139	3525	00:42:54	Jamie Langley	Leamington Cycling & AC
140	3563	00:42:59	Chris Brown	Mansfield Harriers & AC
141	3405	00:43:10	George Livingstone-Thompson	Cheltenham & County Harriers
142	3540	00:43:15	Beren Cross	Lincoln Wellington AC
143	3552	00:43:20	Harry Boyd	Liverpool Pembroke & Sefton H & AC
144	3694	00:43:21	Jon Undy	Tonbridge AC
145	3466	00:43:24	Jamie King	Epsom & Ewell Harriers
146	3375	00:43:27	Adam Hillless	Bourne Town Harriers
147	3517	00:43:38	Theo Hadlow	Kent AC
148	3465	00:43:44	Alex Jackson	Epsom & Ewell Harriers
149	3610	00:43:58	Alan Metcalfe	Poole AC
150	3602	00:44:01	Jason Burke	Peterborough AC
151	3663	00:44:06	Matt Melia	Sphinx AC
152	3320	00:44:18	Richard Daggar	Ashford AC
153	3446	00:44:30	Chris Hepworth	Ealing Southall & Middlesex AC
154	3730	00:44:37	Cameron Smart	Windsor Slough Eton & Hounslow AC
155	3512	00:44:37	Tom Taylor	Ipswich Harriers
156	3301	00:44:38	Alex Hamilton	Abingdon AAC

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Pos	RaceNo	Time	Name	Club
157	3539	00:45:01	Ashley Williams	Lewes AC
158	3636	00:45:07	Lee Whitley	Sale Harriers Manchester
159	3665	00:45:08	Steven Clague	St.Helens Sutton AC
160	3443	00:46:00	Evan Erskine-Thomas	Dorking & Mole Valley AC
161	3509	00:46:03	Jonny Palmer	Ipswich Harriers
162	3302	00:46:05	Daniel Hamilton	Abingdon AAC
163	3604	00:46:28	Peter Davies	Peterborough AC
164	3450	00:46:29	Martin Shelley	Ealing Southall & Middlesex AC
165	3521	00:47:03	Tom Warr	Kent AC
166	3613	00:47:34	James Whittle	Poole AC
167	3453	00:48:28	Andrew Hartshorne	East Cheshire Harriers & Tameside AC
168	3621	00:50:39	Jacob Batchelor	Reading AC
169	3607	00:51:17	Nathanael Epton	Poole AC
170	3664	00:51:24	Andrew Tuppen	St.Albans AC
171	3395	00:51:58	Jamie Graham	Cannock & Stafford AC
172	3353	00:52:45	Jack Frankham	Birchfield Harriers
173	3441	00:54:32	Philip Whitehouse	Derby AC