

Time	Team	Leg1	Name	Leg2	Name
0:18:59.40	Birchfield Harriers 'A'	0:09:22.90 (24)	T Dodd	0:09:36.50 (15)	H Halford
0:19:35.65	Rushcliffe Ac	0:09:55.60 (49)	D Horner	0:09:40.05 (31)	J Tuffin
0:19:44.75	University of Birmingham AC and C	0:09:49.30 (46)	L Laylee	0:09:55.45 (34)	L Boot
0:19:50.50	Sutton in Ashfield Harriers & AC	0:09:40.00 (38)	S Moakes	0:10:10.50 (37)	B Burnham
0:20:29.55	West Suffolk AC 'A'	0:10:19.85 (65)	A Crawford	0:10:09.70 (45)	J Preston
0:08:59.70	Hallamshire Harriers Sheffield	0:08:59.70 (4)	C Bell		
0:09:27.85	Sale Harriers Manchester 'B'	0:09:27.85 (28)	A Roden		
0:09:34.85	Blackheath & Bromley Harriers AC '	0:09:34.85 (34)	M Arcuri		
0:09:35.50	East Cheshire Harriers & Tameside	0:09:35.50 (35)	G Lewis		
0:09:40.85	Durham City Harriers & AC	0:09:40.85 (39)	A Cook		
0:09:47.00	Oxford University AC 'B'*	0:09:47.00 (43)	T Harrison		
0:09:47.20	Ealing Southall & Middlesex AC	0:09:47.20 (44)	M Farah		
0:09:50.30	Reading Ac 'C'	0:09:50.30 (47)	M Lennon		
0:09:57.20	Charnwood A C 'B'	0:09:57.20 (51)	A Banks		
0:09:59.30	Bracknell AC	0:09:59.30 (56)	J Daly		
0:10:03.25	Preston Harriers 'B'	0:10:03.25 (59)	B Sowerby		
0:10:08.95	Vale Royal Ac 'B'	0:10:08.95 (60)	N Williams		
0:10:57.45	Shaftesbury Barnet Harriers 'C'	0:10:57.45 (67)	J Peppiatt		

Fastest Leg 1

Pos	Time	Bib	Name	Team
1	0:08:43.45	A429	B Dijkstra	Leicester Coritanian AC
2	0:08:55.10	A399	B Davies	Bedford & County AC 'A'
3	0:08:59.10	A409	J Pollard	Charnwood A C 'A'
4	0:08:59.70	A423	C Bell	Hallamshire Harriers Sheffield
5	0:08:59.90	A466	J McGraw	University of Birmingham AC and CCC 'A'*
6	0:09:00.40	A433	A Gruen	Milton Keynes Distance Project 'A'
7	0:09:02.00	A453	J Dempsey	Shaftesbury Barnet Harriers 'A'
8	0:09:03.15	A430	J Arthur	Loughborough Students AC
9	0:09:04.75	A413	A McMillan	City of York AC 'A'
10	0:09:05.55	A404	J Barber	Blackheath & Bromley Harriers AC 'A'

Fastest Leg 2

Pos	Time	Bib	Name	Team
1	0:09:07.60	B429	S Stevens	Leicester Coritanian AC
2	0:09:08.55	B466	A Rieley	University of Birmingham AC and CCC 'A'*
3	0:09:12.70	B433	A Yabsley	Milton Keynes Distance Project 'A'
4	0:09:12.95	B462	J Goodge	Tonbridge Ac 'A'
5	0:09:18.20	B453	T Butler	Shaftesbury Barnet Harriers 'A'
6	0:09:20.35	B464	S Brown	Tonbridge Ac 'C'
7	0:09:20.85	B465	J Ferns	Trafford Athletic Club
8	0:09:23.90	B450	P Magner	Sale Harriers Manchester 'A'
9	0:09:25.05	B424	L Byram	Holmfirth Harriers Ac
10	0:09:25.55	B456	S Costley	Southampton Athletic Club

Fastest Leg 3

Pos	Time	Bib	Name	Team
1	0:08:43.45	C456	M Mahamed	Southampton Athletic Club
2	0:08:55.15	C430	A Walton	Loughborough Students AC
3	0:09:02.40	C413	J Schofield	City of York AC 'A'
4	0:09:06.00	C462	J Puxty	Tonbridge Ac 'A'
5	0:09:08.80	C394	L Prior	Aldershot Farnham & District 'A'
6	0:09:18.40	C399	E Dee	Bedford & County AC 'A'
7	0:09:24.85	C433	G Wheeler	Milton Keynes Distance Project 'A'
8	0:09:28.25	C444	A Sutton	Reading Ac 'A'
9	0:09:32.40	C453	H Kadir	Shaftesbury Barnet Harriers 'A'
10	0:09:33.05	C447	J Bond	Rugby & Northampton Ac 'A'