

# Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1	0:39:35	9690	Adam Hickey	Southend On Sea AC	101	0:43:25	7308	Tim Raynes	Blackburn Harriers
2	0:39:44	8355	Andrew Maud	Highgate Harriers	102	0:43:27	8580	Harry Powell	Kingston upon Hull AC
3	0:40:01	8525	John Gilbert	Kent AC	103	0:43:27	8999	Jake Waldron	Newham & Essex Beagles AC
4	0:40:10	7152	Peter Huck	Barrow & Furness Striders AC	104	0:43:29	9465	David Rigby	Salford Harriers
5	0:40:19	10082	Christopher Olley	Tonbridge AC	105	0:43:31	8328	Robel Bahelbi	Highgate Harriers
6	0:40:20	10487	Oliver Fox	Wells City Harriers	106	0:43:35	10070	Steven Fennell	Tonbridge AC
7	0:40:23	8311	Lewis Lloyd	Herne Hill Harriers	107	0:43:36	7431	Andrew Watt	Bristol & West AC
8	0:40:27	8920	Carl Avery	Morpeth Harriers & AC	108	0:43:37	9466	Stuart Robinson	Salford Harriers
9	0:40:38	7417	William Christofi	Bristol & West AC	109	0:43:38	7723	Oliver Paulin	Coventry Godiva Harriers
10	0:40:46	9206	Tom Austin	Poole AC	110	0:43:40	9778	Matthew Crehan	St Helens Sutton AC
11	0:40:48	8049	Callum Johnson	Gateshead Harriers & AC	111	0:43:42	7162	David Ragan	Basingstoke & Mid Hants AC
12	0:40:51	10448	Daniel Hallam	Wreake and Soar Valley AC	112	0:43:43	8613	Michael Burrett	Leeds City AC
13	0:40:53	7024	Richard Allen	Aldershot Farnham & District	113	0:43:44	9943	James Hoad	Thames Hare & Hounds
14	0:40:58	10066	George Duggan	Tonbridge AC	114	0:43:44	8207	Christopher Spinks	Havant AC
15	0:41:08	7033	Ellis Cross	Aldershot Farnham & District	115	0:43:45	9357	Robert Webb	Rossendale Harriers & AC
16	0:41:12	7424	Jack Millar	Bristol & West AC	116	0:43:46	9585	Glen Watts	Shaftesbury Barnet Harriers
17	0:41:14	7479	Jack Gray	Cambridge & Coleridge	117	0:43:47	9440	Callum Rowlinson	Sale Harriers Manchester
18	0:41:20	10060	Ben Cole	Tonbridge AC	118	0:43:47	8152	Connor Milnes	Hallamshire Harriers Sheffield
19	0:41:24	9093	Alastair Watson	Notts AC	119	0:43:49	9276	Thomas Jervis	Reading AC
20	0:41:26	7037	George Gathercole	Aldershot Farnham & District	120	0:43:52	7105	Robert Latala	Ashford & District RRC
21	0:41:29	10443	Edward Shepherd	Woodford Green AC with Ess	121	0:43:52	10427	Tom Beedell	Woodford Green AC with Ess
22	0:41:30	9671	Jamie Knapp	Southampton AC	122	0:43:52	7229	Paskar Owor	Belgrave Harriers
23	0:41:33	9520	Andrew Greenleaf	Serpentine RC	123	0:43:53	9947	James McMullan	Thames Hare & Hounds
24	0:41:33	7632	Ash Harrell	City Of Norwich AC	124	0:43:53	8366	Fergal Smithwick	Highgate Harriers
25	0:41:35	8370	Murray Strain	Highgate Harriers	125	0:43:55	9558	Nicholas Torry	Serpentine RC
26	0:41:38	10069	Robbie Farnham-Rose	Tonbridge AC	126	0:43:55	8372	Robert Wilson	Highgate Harriers
27	0:41:41	7310	Robert Warner	Blackburn Harriers	127	0:43:57	7397	William Cork	Brighton & Hove AC
28	0:41:43	7505	Dean Lacy	Cambridge Harriers	128	0:43:58	8931	Jordan Scott	Morpeth Harriers & AC
29	0:41:45	8993	Jayne Rossiter	Newham & Essex Beagles AC	129	0:43:58	8962	Alex Muir	Newbury AC
30	0:41:49	8684	Richard Burney	Liverpool Harriers & AC	130	0:44:00	9171	Ben Heron	Peterborough AC
31	0:41:50	7482	Lloyd Kempson	Cambridge & Coleridge	131	0:44:06	10433	Angus Holford	Woodford Green AC with Ess
32	0:41:51	9438	Jamie Roden	Sale Harriers Manchester	132	0:44:07	7046	Alex Pointon	Aldershot Farnham & District
33	0:41:54	10081	Maximilian Nicholls	Tonbridge AC	133	0:44:08	7414	Harry Allen	Bristol & West AC
34	0:41:55	8811	Chris Perham	Loughborough Students AC	134	0:44:09	9563	Rick Weston	Serpentine RC
35	0:41:57	10065	Ryan Driscoll	Tonbridge AC	135	0:44:11	8527	Ben Harding	Kent AC
36	0:42:02	8632	Joshua Woodcock-Shaw	Leeds City AC	136	0:44:11	7727	Alistair Smith	Coventry Godiva Harriers
37	0:42:04	10072	Charlie Joslin-Allen	Tonbridge AC	137	0:44:11	8733	Tom Aldred	London Heathside
38	0:42:04	7355	James Douglas	Border Harriers & AC	138	0:44:13	8258	Jonathan Cornish	Hercules Wimbledon AC
39	0:42:05	7138	Alex Lepretre	Barnet & District AC	139	0:44:14	8628	Michael Salter	Leeds City AC
40	0:42:07	8361	Christopher Rainsford	Highgate Harriers	140	0:44:15	10386	Simon Millett	Windsor Slough Eton & Houn
41	0:42:10	8933	Nicholas Swinburn	Morpeth Harriers & AC	141	0:44:16	7466	Nicholas Martin	Caistor RC
42	0:42:11	10190	Matthew Sheen	Vale Royal AC	142	0:44:18	8271	Finn Johnson	Hercules Wimbledon AC
43	0:42:12	8934	Lewis Timmins	Morpeth Harriers & AC	143	0:44:19	7470	Paul Aste	Cambridge & Coleridge
44	0:42:13	7032	Macgregor Cox	Aldershot Farnham & District	144	0:44:23	9148	Simon Fisher	Oxford City AC
45	0:42:13	9583	William Ryle-Hodges	Shaftesbury Barnet Harriers	145	0:44:24	8843	Stephen Garrett	Manx Harriers
46	0:42:15	7393	Matthew Seddon	Bracknell AC	146	0:44:25	9514	John Franklin	Serpentine RC
47	0:42:19	8896	Greg Jayasuriya	Middlesbrough & Cleveland F	147	0:44:25	7091	Craig Palmer	Amphill & Flitwick Flyers RC
48	0:42:20	7304	Ben Fish	Blackburn Harriers	148	0:44:27	9579	Richard Horton	Shaftesbury Barnet Harriers
49	0:42:21	9581	Mark Pearce	Shaftesbury Barnet Harriers	149	0:44:27	9548	Jonathan Poole	Serpentine RC
50	0:42:21	9463	Gary Priestley	Salford Harriers	150	0:44:28	10083	Harry Paton	Tonbridge AC
51	0:42:25	9456	Carl Hardman	Salford Harriers	151	0:44:29	10033	Peter Brookes	Tipton Harriers
52	0:42:26	7421	Owain Jones	Bristol & West AC	152	0:44:30	8144	John Birch	Hallamshire Harriers Sheffield
53	0:42:28	7423	Jarlath McKenna	Bristol & West AC	153	0:44:31	7306	Jack Hindle	Blackburn Harriers
54	0:42:30	9572	Phillip Crout	Shaftesbury Barnet Harriers	154	0:44:32	9537	Dave Morgan	Serpentine RC
55	0:42:32	7801	Joseph Kilgour	Derby AC	155	0:44:33	7474	Duncan Coombs	Cambridge & Coleridge
56	0:42:32	9246	Ben Anderson	Ranelagh Harriers	156	0:44:33	8357	Benjamin Noad	Highgate Harriers
57	0:42:36	8151	Robert Little	Hallamshire Harriers Sheffield	157	0:44:34	7080	David Norman	Altrincham & District AC
58	0:42:37	7944	Alex Milne	Enfield & Haringey AC	158	0:44:37	7181	Matthew Bray	Bedford & County AC
59	0:42:37	9989	Chris Smith	Thames Valley Harriers	159	0:44:39	10489	Patrick Hough	Lewes AC
60	0:42:42	9460	Chris Livesey	Salford Harriers	160	0:44:41	7478	Tobias Fletcher	Cambridge & Coleridge
61	0:42:43	8284	Frederick Slembeck	Hercules Wimbledon AC	161	0:44:42	7533	Mark Couldwell	Charnwood AC
62	0:42:43	7560	Graham Rush	Cheltenham & County Harrie	162	0:44:43	9510	Greg Darbyshire	Serpentine RC
63	0:42:43	8980	Frank Baddick	Newham & Essex Beagles AC	163	0:44:43	10450	Paul Miles	Wreake and Soar Valley AC
64	0:42:43	7081	Andrew Norman	Altrincham & District AC	164	0:44:44	8360	Roger Poolman	Highgate Harriers
65	0:42:44	8149	Bertie Houghton	Hallamshire Harriers Sheffield	165	0:44:44	7657	Nick Bowker	Clapham Chasers
66	0:42:46	7356	Matthew Grieve	Border Harriers & AC	166	0:44:45	9437	Philip Robertson	Sale Harriers Manchester
67	0:42:46	9568	Christopher Wright	Serpentine RC	167	0:44:46	8881	Tom Collins	Medway & Maidstone AC
68	0:42:47	7416	Andrew Chambers	Bristol & West AC	168	0:44:47	8614	Alexander Davy	Leeds City AC
69	0:42:47	9972	James Ellis	Thames Valley Harriers	169	0:44:48	7191	Richard Henderson	Bedford & County AC
70	0:42:50	9938	Josh Carr	Thames Hare & Hounds	170	0:44:49	8669	Jake Richardson	Lincoln Wellington AC
71	0:42:52	8114	Colin High	Guildford & Godalming AC	171	0:44:49	10456	Joe Branch	Wycombe Phoenix Harriers &
72	0:42:54	7214	Nick Buckle	Belgrave Harriers	172	0:44:49	7121	Michael Towler	Avon Valley Runners
73	0:42:55	7193	Jonathan Janes	Bedford & County AC	173	0:44:50	8262	Dimosthenis Evangelidis	Hercules Wimbledon AC
74	0:42:56	8537	Tom Mower	Kent AC	174	0:44:51	7051	Philip Sewell	Aldershot Farnham & District
75	0:42:57	8278	Andrew Penney	Hercules Wimbledon AC	175	0:44:53	7429	Kurt Taylor	Bristol & West AC
76	0:43:01	9429	Daniel Kashi	Sale Harriers Manchester	176	0:44:53	8870	James Tuttle	Marshall Milton Keynes AC
77	0:43:03	8838	Alan Corlett	Manx Harriers	177	0:44:54	8810	Daniel Giles	Loughborough Students AC
78	0:43:03	9291	Robert Corney	Reading Roadrunners	178	0:44:54	8869	Steve Tuttle	Marshall Milton Keynes AC
79	0:43:04	10054	Jamie Bryant	Tonbridge AC	179	0:44:55	9365	Aidan Johnson	Rotherham Harriers & AC
80	0:43:05	8941	James McCrae	Nene Valley Harriers	180	0:44:56	8612	Alex Bellew	Leeds City AC
81	0:43:06	7399	Kevin Moore	Brighton & Hove AC	181	0:44:59	10187	Stuart Doyle	Vale Royal AC
82	0:43:07	7313	Ross Braden	Blackheath & Bromley Harrie	182	0:45:01	9577	Matthew Grant	Shaftesbury Barnet Harriers
83	0:43:07	9955	Paddy Roddy	Thames Hare & Hounds	183	0:45:01	7557	Daniel Owen	Cheltenham & County Harrie
84	0:43:09	10044	Joe Smith	Tipton Harriers	184	0:45:03	8517	Russell Bentley	Kent AC
85	0:43:09	8285	Ben Toomer	Hercules Wimbledon AC	185	0:45:03	9286	Edward Stockdale	Reading AC
86	0:43:11	7335	William Ruiz	Blackheath & Bromley Harrie	186	0:45:05	10327	Sebastian Anthony	West Suffolk AC
87	0:43:12	9385	Dominic Jones	Rugby & Northampton AC	187	0:45:06	10067	Michael Ellis	Tonbridge AC
88	0:43:12	10087	Kieran Reilly	Tonbridge AC	188	0:45:06	7566	James Baker	Chichester Runners & AC
89	0:43:13	8345	Shaun Dixon	Highgate Harriers	189	0:45:07	9692	Oliver Kyriakides	Southend On Sea AC
90	0:43:14	7036	Sam Eglan	Aldershot Farnham & District	190	0:45:08	7133	Niall Fleming	Barnet & District AC
91	0:43:15	8889	Teweldebrhan Menges	Medway & Maidstone AC	191	0:45:11	7596	Peter Bray	Chorlton Runners
92	0:43:16	8526	Christopher Greenwood	Kent AC	192	0:45:12	10166	Tom Charlton	Tyne Bridge Harriers
93	0:43:18	7426	Ben Robinson	Bristol & West AC	193	0:45:12	7503	Danny Kendall	Cambridge Harriers
94	0:43:22	10370	George King	Winchester & District AC	194	0:45:13	9699	Andrew Kershaw	Southport Waterloo AC
95	0:43:22	7475	Chris Darling	Cambridge & Coleridge	195	0:45:13	7164	Rob Wood	Basingstoke & Mid Hants AC
96	0:43:23	8604	Callum Hanlon	Leamington C & AC	196	0:45:13	10224	Joseph Dale	Victoria Park H. & Tower Han
97	0:43:24	7552	Richard De-Camps	Cheltenham & County Harrie	197	0:45:13	10474	Kim Critchley	York Knavesmire Harriers
98	0:43:24	9436	Gareth Raven	Sale Harriers Manchester	198	0:45:15	9496	Julian Barbour	Serpentine RC
99	0:43:25	7799	Sam Johnson	Derby AC	199	0:45:22	9151	Tegid Jones	Oxford City AC
100	0:43:25	7490	Norman Shreeve	Cambridge & Coleridge	200	0:45:23	8430	Kai Sunman	Holmfirth Harriers AC

# Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
201	0:45:25	7248	Thomas Wright	Bexley AC	301	0:46:39	9155	Joe Bowness	Oxford University AC
202	0:45:25	9445	Joseph Vis	Sale Harriers Manchester	302	0:46:39	9259	Dave Lawley	Ranelagh Harriers
203	0:45:26	10389	James Tidd	Windsor Slough Eton & Houn	303	0:46:39	10401	Phillip Langan	Wirral AC
204	0:45:27	7538	Tom Lupton	Charnwood AC	304	0:46:40	8340	Alex Crossland	Highgate Harriers
205	0:45:28	8640	Dave Smith	Leigh Harriers & AC	305	0:46:41	9905	Eliot Ball	Team Bath AC
206	0:45:29	10048	Phillip Wilson	Tipton Harriers	306	0:46:43	8316	Ben Paviour	Herne Hill Harriers
207	0:45:30	8579	Oliver Newton	Kingston Upon Hull AC	307	0:46:45	7836	Timothy Bowen	Dulwich Runners AC
208	0:45:31	10385	Stephen Kimber	Windsor Slough Eton & Houn	308	0:46:45	9667	Thomas Cully	Southampton AC
209	0:45:31	7189	Stephen Headley	Bedford & County AC	309	0:46:46	9697	Lee Taylor	Southend On Sea AC
210	0:45:33	8386	James Laing	Hillingdon AC	310	0:46:47	7900	Gavin Browne	East Cheshire Harriers & Tam
211	0:45:36	8220	Robert Warner	Havering AC	311	0:46:48	8350	Charlie Haywood	Highgate Harriers
212	0:45:37	10221	Neil Cook	Victoria Park H. & Tower Han	312	0:46:48	9459	Philip Leybourne	City Of Stoke AC
213	0:45:37	9263	Jordan Mungovan	Ranelagh Harriers	313	0:46:49	8989	John Gordon	Newham & Essex Beagles AC
214	0:45:37	9420	Alex Bradford	Sale Harriers Manchester	314	0:46:50	8859	Graham Jones	Marshall Milton Keynes AC
215	0:45:39	10180	Tim Stratton	University of Nottingham AC	315	0:46:51	7622	David Wyeth	Chorlton Runners
216	0:45:39	9502	Jonathan Bradford	Serpentine RC	316	0:46:51	10438	Tom Phillips	Woodford Green AC with Ess
217	0:45:40	8922	Ross Floyd	Morpeth Harriers & AC	317	0:46:52	7631	George Gay	City Of Norwich AC
218	0:45:41	10329	Oli Beale	Westbury Harriers	318	0:46:52	7653	Shajahan Janally	City Of Stoke AC
219	0:45:43	8758	Charles Hardy	London Heathside	319	0:46:53	9760	Phillip Evans	St Albans Striders
220	0:45:43	8991	Bruce Raeside	Newham & Essex Beagles AC	320	0:46:53	9737	Samuel Cornforth	Springfield Striders
221	0:45:44	9364	Jonathan Johnson	Rotherham Harriers & AC	321	0:46:53	10059	Greg Cole	Tonbridge AC
222	0:45:44	8301	Jeff Cunningham	Herne Hill Harriers	322	0:46:54	9846	Peter Mills	Striders Of Croydon
223	0:45:46	10235	Aaron McGrady	Victoria Park H. & Tower Han	323	0:46:55	9014	Adam Bowler	North Herts RR
224	0:45:49	9958	Martin Shore	Thames Hare & Hounds	324	0:46:56	9453	Jon Dance	Salford Harriers
225	0:45:49	10076	Angel Lopez-Caceres	Tonbridge AC	325	0:46:56	8442	Lee Dover	Houghton Harriers & AC
226	0:45:49	9586	Daniel Watts	Shaftesbury Barnet Harriers	326	0:46:57	9154	Maxwell Robinson	Oxford City AC
227	0:45:50	8356	Henry Murdoch	Highgate Harriers	327	0:46:58	9998	Noel Sutton	Thanet Roadrunners AC
228	0:45:51	7243	Nikki Faulkner	Bexley AC	328	0:46:59	8875	Ian Wood	Marshall Milton Keynes AC
229	0:45:51	7260	Ian Fisher	Bingley Harriers & AC	329	0:47:00	9301	Christopher Lucas	Reading Roadrunners
230	0:45:52	9446	Alan White	Sale Harriers Manchester	330	0:47:00	8288	Kieran White	Hercules Wimbledon AC
231	0:45:52	7182	Michael Channing	Bedford & County AC	331	0:47:01	10199	Daryl Hibberd	Valley Striders AC
232	0:45:53	9277	Luc Jolly	Reading AC	332	0:47:02	8309	John Kettle	Herne Hill Harriers
233	0:45:54	7491	Nick Smallwood	Cambridge & Coleridge	333	0:47:02	9215	Brian Underwood	Poole AC
234	0:45:55	7661	Luke Davis	Clapham Chasers	334	0:47:03	8524	Calum Fraser	Kent AC
235	0:45:55	8861	Paul Mizon	Marshall Milton Keynes AC	335	0:47:04	10074	Jack Keywood	Tonbridge AC
236	0:45:55	9954	Ben Reynolds	Thames Hare & Hounds	336	0:47:04	7746	Christophe Dormenval	Croydon Harriers
237	0:45:56	9816	Andrew Nixon	Stockport Harriers & AC	337	0:47:06	10234	Fabien Lassonde	Victoria Park H. & Tower Han
238	0:45:56	10097	Daniel Watt	Tonbridge AC	338	0:47:06	8286	Joe Toomey	Hercules Wimbledon AC
239	0:45:57	9017	Andrew Leach	North Herts RR	339	0:47:07	9074	Stuart King	Notts AC
240	0:45:59	9310	Matthew Richards	Reading Roadrunners	340	0:47:08	7563	Andrew Van Kints	Cheltenham & County Harrie
241	0:46:00	9362	Richard Harris	Rotherham Harriers & AC	341	0:47:09	7180	Pete Benedickter	Bedford & County AC
242	0:46:01	8506	Ben Taylor	Kenilworth Runners	342	0:47:10	7027	Michael Boucher	Aldershot Farnham & District
243	0:46:04	8619	Sean Flanagan	Leeds City AC	343	0:47:10	9178	Walton Shaun	Peterborough AC
244	0:46:05	9953	Gordon Pearce	Thames Hare & Hounds	344	0:47:11	7013	Paul Hughes	Abingdon AC
245	0:46:07	9367	Arron Larkin	Rotherham Harriers & AC	345	0:47:11	7016	Owen Stepney	Abingdon AC
246	0:46:07	7556	Dan King	Cheltenham & County Harrie	346	0:47:11	10426	Simon Beedell	Woodford Green AC with Ess
247	0:46:08	10240	Josselin Polini	Victoria Park H. & Tower Han	347	0:47:12	9870	Ian Ritchie	Sunderland Harriers & AC
248	0:46:09	7811	Michael Alwin	Dorking & Mole Valley AC	348	0:47:13	9261	Bruce McLaren	Ranelagh Harriers
249	0:46:10	7885	Mohamed Hashi	Ealing Southall & Middlesex F	349	0:47:13	7588	Peter Gould	Chiltern Harriers AC
250	0:46:11	10430	Joshua Entwistle	Woodford Green AC with Ess	350	0:47:13	8650	Thomas Inchley	Leighton Buzzard AC
251	0:46:12	9902	Adam Stokes	Taunton AC	351	0:47:14	7837	Edward Chuck	Dulwich Runners AC
252	0:46:13	8509	Gareth Anderson	Kent AC	352	0:47:15	8884	Christopher Fullerton	Medway & Maidstone AC
253	0:46:14	9488	Graham Robinson	Sandhurst Joggers	353	0:47:16	9908	James Donald	Team Bath AC
254	0:46:15	9810	James Rose	Steel City Striders	354	0:47:16	8539	Daniel Pettitt	Kent AC
255	0:46:15	8654	William Mead	Leighton Buzzard AC	355	0:47:17	9587	Richard Williams	Shaftesbury Barnet Harriers
256	0:46:16	8634	James Nutt	Leicester Coritanian AC	356	0:47:17	7825	Ben Foster	Dudley & Stourbridge Harrier
257	0:46:16	8533	Robert Laing	Kent AC	357	0:47:17	8543	Philip Sanders	Kent AC
258	0:46:17	9324	Genci Pepaj	Redway Runners	358	0:47:18	7576	Mike Houston	Chichester Runners & AC
259	0:46:18	8540	Neil Phillips	Kent AC	359	0:47:18	9160	Colum O'Leary	Oxford University AC
260	0:46:18	10289	Christopher Peck	Waverley Harriers	360	0:47:19	7427	Andrew Salmon	Bristol & West AC
261	0:46:18	10198	Matthew Hallam	Valley Striders AC	361	0:47:19	9279	David Lewis	Reading AC
262	0:46:19	8629	Chris Smith	Leeds City AC	362	0:47:21	7314	Danny Brewer	Blackheath & Bromley Harrie
263	0:46:19	9095	Matthew Williams	Notts AC	363	0:47:22	10222	James Cordwell	Victoria Park H. & Tower Han
264	0:46:20	10444	Darren Southcott	Woodford Green AC with Ess	364	0:47:22	7731	Jack Kosky	Crawley AC
265	0:46:20	7362	Alistair Weymouth	Border Harriers & AC	365	0:47:22	7659	Ross Brown	Clapham Chasers
266	0:46:21	7562	Dan Thomas	Cheltenham & County Harrie	366	0:47:23	7324	Alex Gibbins	Blackheath & Bromley Harrie
267	0:46:22	9158	Thomas Lamont	Oxford University AC	367	0:47:24	7725	Clark Roberts	Coventry Godiva Harriers
268	0:46:23	10399	Harley Henshaw	Wirral AC	368	0:47:26	8323	Andrew Warburton	Herne Hill Harriers
269	0:46:24	7328	Daniel Kennedy	Blackheath & Bromley Harrie	369	0:47:27	9911	Daniel Jones	Team Bath AC
270	0:46:26	9142	Max O'Sullivan	Owls AC	370	0:47:28	9948	James Meiklejohn	Thames Hare & Hounds
271	0:46:26	9903	Joe Walton	Taunton AC	371	0:47:28	8157	Conor Hancock	Handsworth Roadhogs
272	0:46:26	10095	James Taylor	Tonbridge AC	372	0:47:29	7630	Gary Crush	City Of Norwich AC
273	0:46:27	8528	Joe Hartley	Kent AC	373	0:47:29	7269	Jonathan Cullen	Birchfield Harriers
274	0:46:27	9255	Nick Impey	Ranelagh Harriers	374	0:47:29	8903	Matthew Chataway	Mornington Chasers
275	0:46:27	8768	Richard MacAulay	London Heathside	375	0:47:30	8981	Wayne Bell	Newham & Essex Beagles AC
276	0:46:28	8185	Chris Miller	Harrrogate Harriers & AC	376	0:47:30	9960	Andy Weir	Thames Hare & Hounds
277	0:46:28	9180	James Whitehead	Peterborough AC	377	0:47:31	8956	Matthew Green	Newbury AC
278	0:46:29	8148	Peter Hodges	Hallamshire Harriers Sheffield	378	0:47:32	10380	Jonathan Dry	Windsor Slough Eton & Houn
279	0:46:29	9559	Hugh Torry	Serpentine RC	379	0:47:32	8349	Chris Goldsack	Highgate Harriers
280	0:46:30	9081	John Muddeman	Notts AC	380	0:47:33	8514	Stuart Beaney	Kent AC
281	0:46:30	9679	Matthew Revier	Southampton AC	381	0:47:34	7960	Sam Anderson	Eton Manor AC
282	0:46:30	8116	Matthew McDaniel	Guildford & Godalming AC	382	0:47:35	10484	Chris Roberts	York Knavesmire Harriers
283	0:46:31	9567	Nathan Wilkins	Serpentine RC	383	0:47:36	7052	Tobias Smith	Aldershot Farnham & District
284	0:46:31	8928	Andrew Lawrence	Morpeth Harriers & AC	384	0:47:37	7136	Alex Horton	Barnet & District AC
285	0:46:32	7158	Alexander Hamilton	Basingstoke & Mid Hants AC	385	0:47:37	8892	Mark Wilkins	Medway & Maidstone AC
286	0:46:32	9415	Denys Olifer	Saint Edmund Pacers	386	0:47:38	8501	Kevin Hope	Kentlworth Runners
287	0:46:33	7561	Eliot Taylor	Cheltenham & County Harrie	387	0:47:39	8776	Peter Northall	London Heathside
288	0:46:33	7854	Buzz Shephard	Dulwich Runners AC	388	0:47:39	7681	Jacob Landers	Clapham Pioneers
289	0:46:34	8321	John Tayleur	Herne Hill Harriers	389	0:47:41	8639	William Rawson	Leigh Harriers & AC
290	0:46:34	8965	Mark Vardy	Newbury AC	390	0:47:43	8603	Phillip Gould	Leamington C & AC
291	0:46:35	8142	Nicholas Barber	Hallamshire Harriers Sheffield	391	0:47:45	9687	Rhys Gillard	Southend On Sea AC
292	0:46:36	7721	Joseph McLeod	Coventry Godiva Harriers	392	0:47:46	9978	Ryan Keane	Thames Valley Harriers
293	0:46:36	9150	Ewan Gault	Oxford City AC	393	0:47:47	7604	Ben Hobson	Chorlton Runners
294	0:46:36	7882	Sam Ashcroft	Ealing Southall & Middlesex F	394	0:47:48	9517	James Gillanders	Serpentine RC
295	0:46:37	7555	Marc Fallows	Cheltenham & County Harrie	395	0:47:49	10252	Andrew Graham	Welsend Harriers & AC
296	0:46:37	9425	Paul Green	Sale Harriers Manchester	396	0:47:49	10330	Alex Hamblin	Westbury Harriers
297	0:46:37	7981	Callum Crawford	Exeter Harriers	397	0:47:50	7634	Jonathan Quint	City Of Norwich AC
298	0:46:38	9540	Martin O'Connell	Serpentine RC	398	0:47:50	7357	Robert Hodgson	Border Harriers & AC
299	0:46:38	8863	Jonathan Peters	Marshall Milton Keynes AC	399	0:47:50	8611	Mohamed Abshir	Leeds City AC
300	0:46:39	8300	Simon Coombes	Herne Hill Harriers	400	0:47:51	8100	Patrick Hannah	Greenwich Tritons Tri Club

# Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
401	0:47:51	8630	Patrick Vis	Leeds City AC	501	0:48:59	10267	Mark Ames	Watford Joggers
402	0:47:52	10036	Stephen Corbishley	Tipton Harriers	502	0:48:59	7235	Lee Baynton	Benfleet RC
403	0:47:53	7683	Richard Sale	Clapham Pioneers	503	0:48:59	7507	James MacDonald	Cambridge Harriers
404	0:47:55	9306	Brendan Morris	Reading Roadrunners	504	0:49:00	7602	Andrew Haney	Chorlton Runners
405	0:47:55	9773	Jonathan Scott	St Albans Striders	505	0:49:00	8693	Laurie Luscombe	Liverpool Harriers & AC
406	0:47:55	10447	Harold Wyber	Woodford Green AC with Ess	506	0:49:00	8050	Steven Medd	Gateshead Harriers & AC
407	0:47:57	8348	Nick Gold	Highgate Harriers	507	0:49:01	7941	Gordon Irvine	Ely Runners
408	0:47:57	9395	Stephen Skinner	Run Fast	508	0:49:01	8486	Phil Taylor	Jersey Spartans AC
409	0:47:58	9904	James Watson	Taunton AC	509	0:49:02	8851	Thomas Cuthbertson	Marshall Milton Keynes AC
410	0:47:59	8641	Phillip Williams	Leigh Harriers & AC	510	0:49:02	8266	Neil Fraser	Hercules Wimbledon AC
411	0:48:00	9431	David Marsh	Sale Harriers Manchester	511	0:49:02	9939	James Chettle	Thames Hare & Hounds
412	0:48:02	7342	Jordan Bell	Blackhill Bounders	512	0:49:02	9913	Chris Molloy	Team Bath AC
413	0:48:02	9467	Mark Russell	Salford Harriers	513	0:49:02	8888	Lee McMeekin	Medway & Maidstone AC
414	0:48:03	9253	Peter Haarer	Ranelagh Harriers	514	0:49:04	10475	Simon Fricke	York Knavesmire Harriers
415	0:48:05	10281	David O'Sullivan	Watford Joggers	515	0:49:05	7375	James Drakeford	Bournville Harriers
416	0:48:06	7647	James Teuten	City Of Portsmouth AC	516	0:49:06	7948	Oliver Garrod	Epsom & Ewell Harriers
417	0:48:07	8192	Jim Cooper	Harrow AC	517	0:49:06	8338	Tom Cowling	Highgate Harriers
418	0:48:07	9224	Oliver Matharu	Poplar RC	518	0:49:06	9403	Marlon Dunkley	Rushcliffe AC
419	0:48:08	8337	Andres Chau	Highgate Harriers	519	0:49:07	7332	Fintan Parkinson	Blackheath & Bromley Harrie
420	0:48:08	9909	Michael Dooley	Team Bath AC	520	0:49:08	7952	Neil Henderson	Epsom & Ewell Harriers
421	0:48:12	7217	Arne Dumez	Belgrave Harriers	521	0:49:08	9376	William Bowers	Royston Runners
422	0:48:13	8165	Andrew Meads	Harborough AC	522	0:49:08	9344	Paul Sorrell	Ripley Running Club
423	0:48:13	8021	Stuart Farmer	Fulham RC	523	0:49:09	10068	Tim Faes	Tonbridge AC
424	0:48:14	9580	Thomas Kearns	Shaftesbury Barnet Harriers	524	0:49:09	7780	Chris Biddle	Dartford Harriers AC
425	0:48:14	7839	Stephen Davies	Dulwich Runners AC	525	0:49:10	7192	Steven Herring	Bedford & County AC
426	0:48:15	9536	Milan Misak	Serpentine RC	526	0:49:10	10045	Adam Soley	Tipton Harriers
427	0:48:16	7675	Martin Rutter	Clapham Chasers	527	0:49:11	9079	Chris McGurk	Notts AC
428	0:48:17	9335	Stephen Hall	Ribble Valley Harriers	528	0:49:12	10254	Jordan Middlemist	Wallsend Harriers & AC
429	0:48:18	7691	James Briscoe	Congleton Harriers	529	0:49:12	8078	Ben Moore	Gosforth Harriers & AC
430	0:48:18	9511	Daniel De Palol	Serpentine RC	530	0:49:13	9211	James McCafferey	Poole AC
431	0:48:19	8368	Ed Spencer	Highgate Harriers	531	0:49:13	7638	Lewis Banner	City Of Portsmouth AC
432	0:48:20	8508	Tim Alexander	Kent AC	532	0:49:13	8319	Matthew Robertson	Herne Hill Harriers
433	0:48:21	10027	Robert Wilcox	The Stragglers Running Club	533	0:49:13	10337	Adam Stirk	Wharfedale Harriers
434	0:48:22	8750	Kimon Doulis	London Heathside	534	0:49:13	9993	Robert Vallance	Thames Valley Harriers
435	0:48:22	7828	David Nation	Dudley & Stourbridge Harrier	535	0:49:14	7863	Robin Linten	Durham City Harriers & AC
436	0:48:23	7453	Ryan Davidson	Bure Valley Harriers	536	0:49:15	9665	Matt Coffey	Southampton AC
437	0:48:23	7917	Robert Weekes	East Hull Harriers	537	0:49:15	8106	James Adams	Guildford & Godalming AC
438	0:48:23	9334	Nick Gaskell	Ribble Valley Harriers	538	0:49:19	9691	Christian Holmes	Southend On Sea AC
439	0:48:24	9549	Andrew Reeves	Serpentine RC	539	0:49:21	10113	Jeff Prest	Trafford AC
440	0:48:24	7484	Edward Moffett	Cambridge & Coleridge	540	0:49:23	7626	Oliver Pritchard	Cirencester AC
441	0:48:24	9218	Thomas East	Poole Runners	541	0:49:23	8801	Daniel Champion	Lordshill RR
442	0:48:25	8523	Sean Fitzpatrick	Kent AC	542	0:49:25	8139	David Turvey	Halesowen AC
443	0:48:25	8862	Mark Palsler	Marshall Milton Keynes AC	543	0:49:26	8243	James McKenzie	Heaton Harriers
444	0:48:26	7210	George Russell	Beeston AC	544	0:49:28	7216	William Cockerell	Belgrave Harriers
445	0:48:26	7344	Harry Poole	Blackpool Wyre & Fylde AC	545	0:49:29	8388	Richard Mann	Hillingdon AC
446	0:48:28	10302	Jonathan Abel	West 4 Harriers	546	0:49:29	7404	Alex Cruttenden	Brighton Phoenix
447	0:48:29	7483	Rob Mahen	Cambridge & Coleridge	547	0:49:29	7199	Christopher Riley	Bedford & County AC
448	0:48:29	9864	Steven McMahon	Sunderland Harriers & AC	548	0:49:29	9950	Charles Morris	Thames Hare & Hounds
449	0:48:30	7256	Kurtis Swan	Billericay Striders	549	0:49:30	10062	Thomas Cox	Tonbridge AC
450	0:48:30	9402	Stephen Dickens	Rushcliffe AC	550	0:49:30	9328	Stephen Bass	Reigate Priory AC
451	0:48:31	10201	Jon Pownall	Valley Striders AC	551	0:49:31	9986	Todd Oates	Thames Valley Harriers
452	0:48:31	7371	Henry Brocklehurst	Bournville Harriers	552	0:49:31	7469	Graham Anderson	Cambridge & Coleridge
453	0:48:32	8339	Gareth Creagh	Highgate Harriers	553	0:49:32	7265	Matt Biggs	Birchfield Harriers
454	0:48:32	9179	Nick Stone	Peterborough AC	554	0:49:32	10093	Christian Smith	Tonbridge AC
455	0:48:32	8270	Robbie Hynes	Hercules Wimbledon AC	555	0:49:32	10335	Alan Uren	Westbury Harriers
456	0:48:33	8620	Leon Foster	Leeds City AC	556	0:49:33	8767	Tom Livermore	London Heathside
457	0:48:34	9907	Thomas Davies	Team Bath AC	557	0:49:33	8510	Daniel Ansell	Kent AC
458	0:48:34	8296	Jack Brothie	Herne Hill Harriers	558	0:49:33	10144	Tom Sawyer	Tring RC
459	0:48:35	10028	Alec Finch	Thurrock Harriers	559	0:49:34	9266	James Riley	Ranelagh Harriers
460	0:48:35	7627	James Thomas	Cirencester AC	560	0:49:34	8496	Andrew Crabtree	Kenilworth Runners
461	0:48:36	9352	Richard Stirzaker	Rochdale Harriers & AC	561	0:49:34	10325	Dave Alexander	West Cheshire AC
462	0:48:36	9680	James Smith	Southampton AC	562	0:49:35	7047	James Quinlan	Aldershot Farnham & District
463	0:48:39	10120	Thomas Cursley	Trent Park RC	563	0:49:35	9744	Alex Manton	Springfield Striders
464	0:48:39	9272	Stephen Whitehead	Ranelagh Harriers	564	0:49:35	7095	Michael Barker	Arena 80 AC
465	0:48:40	7015	Harrison Read	Abingdon AC	565	0:49:36	7338	Chris Tuck	Blackheath & Bromley Harrie
466	0:48:40	9024	Jonathan Heaney	North Shields Polytechnic Clu	566	0:49:36	8804	Ben Pitman	Lordshill RR
467	0:48:41	7385	Jonathan Scott	Bournville Harriers	567	0:49:37	9113	Alex Hardy	Orion Harriers
468	0:48:41	7614	Gary Scott	Chorlton Runners	568	0:49:38	9371	Barry Lloyd	Royal Sutton Coldfield AC
469	0:48:42	7320	Luca Ercolani	Blackheath & Bromley Harrie	569	0:49:38	8588	Jack Bristow	Knowle & Dorridge RC
470	0:48:42	7787	Kieron Hughes	Dartford Harriers AC	570	0:49:38	8974	Stephen Ratcliffe	Newcastle Staffs AC
471	0:48:43	10287	Daniel Hull	Waverley Harriers	571	0:49:39	7089	Tim Harris	Amphill & Flitwick Flyers RC
472	0:48:43	7176	Mark Lally	Beckenham RC	572	0:49:40	7254	Kieran O'Doherty	Billericay Striders
473	0:48:44	7536	William Kirk	Charnwood AC	573	0:49:40	8443	Rory Graham	Houghton Harriers & AC
474	0:48:44	9329	Ronnie Murray	Reigate Priory AC	574	0:49:42	9941	Tom Greenwood	Thames Hare & Hounds
475	0:48:44	9019	Darren Sunter	North Herts RR	575	0:49:42	7430	Dan Titheradge	Bristol & West AC
476	0:48:44	9458	James Kovacs	Salford Harriers	576	0:49:43	9914	Chris Moore	Team Bath AC
477	0:48:46	10154	Andrew Howey	Tunbridge Wells Harriers	577	0:49:44	7378	Iain Jones	Bournville Harriers
478	0:48:47	7637	Sam Todd	City Of Norwich AC	578	0:49:45	7401	Morris Tarragano	Brighton & Hove AC
479	0:48:47	9588	David Addenbrooke	Sheffield RC	579	0:49:45	7964	Paul Boddey	Eton Manor AC
480	0:48:48	10219	Bjorn Browatzki	Victoria Park H. & Tower Ham	580	0:49:45	7662	Joe Elliott	Clapham Chasers
481	0:48:48	9462	Billy McCartney	Salford Harriers	581	0:49:47	7354	Steven Berry	Border Harriers & AC
482	0:48:49	8344	William De Doncker	Highgate Harriers	582	0:49:47	9574	Orlando Edwards	Shaftesbury Barnet Harriers
483	0:48:50	9668	Jim Davies	Southampton AC	583	0:49:48	7341	Jonathan Vintner	Blackheath & Bromley Harrie
484	0:48:50	8088	Kris Blake	Great Western Runners	584	0:49:48	7950	Ryan Griffiths	Epsom & Ewell Harriers
485	0:48:50	8429	Stuart Shopp	Holmfirth Harriers AC	585	0:49:49	9170	Kirk Brawn	Peterborough AC
486	0:48:51	7387	Paul Thompson	Bournville Harriers	586	0:49:49	10393	David Brockway	Wirral AC
487	0:48:51	10053	Daniel Bradley	Tonbridge AC	587	0:49:50	8616	Thomas Edwards	Leeds City AC
488	0:48:51	7185	Craig Emmerson	Bedford & County AC	588	0:49:50	8333	Duncan Burbidge	Highgate Harriers
489	0:48:52	8273	David Lewin	Hercules Wimbledon AC	589	0:49:51	9138	Luke Ingram	Windsor Slough Eton & Houn
490	0:48:52	7979	Chris Tait	Eton Manor AC	590	0:49:52	10382	Benjamin Findlay	Huntingdonshire AC
491	0:48:53	7485	Richard Park	Cambridge & Coleridge	591	0:49:53	8447	Tyrone Farrer	Corby AC
492	0:48:54	7307	Mat Nuttall	Blackburn Harriers	592	0:49:54	7703	Luke Montgomery	Avon Valley Runners
493	0:48:54	10181	Gerard Garcia	University of Sheffield Union	593	0:49:55	7118	Joby Hobbs	Ealing Eagles RC
494	0:48:55	8534	Tim Lawrence	Kent AC	594	0:49:56	7880	Jon Regan	St Albans Striders
495	0:48:56	7321	Gareth Evans	Blackheath & Bromley Harrie	595	0:49:56	9776	George Withers	Birmingham Running Athletic
496	0:48:56	9951	Richard Ollington	Thames Hare & Hounds	596	0:49:57	7287	Nick Lewis	Newquay & Par AC
497	0:48:56	7124	Benjamin Boxer	Barnet & District AC	597	0:49:57	9005	Simon Williams	Oxford City AC
498	0:48:57	7668	Jack Leafie	Clapham Chasers	598	0:49:58	9153	Julian Richardson	Royston Runners
499	0:48:57	9499	Nicholas Besson	Serpentine RC	599	0:49:59	9380	Matthew Cottiss	Kingston AC & Polytechnic H
500	0:48:58	7784	Alex Cameron	Dartford Harriers AC	600	0:50:00	8575	Michael Huntley	

# Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
601	0:50:00	9457	Michael Heaney	Salford Harriers	701	0:50:59	7678	Paul Sterland	Clapham Chasers
602	0:50:01	9694	Dominic Le Mare	Southend On Sea AC	702	0:51:00	9258	Richard Kimber	Ranelagh Harriers
603	0:50:02	9369	Gareth Sampson	Rotherham Harriers & AC	703	0:51:00	10404	Stephen Spence	Wirral AC
604	0:50:03	9152	Ed Nicholas	Oxford City AC	704	0:51:01	9434	Ben McIntyre	Sale Harriers Manchester
605	0:50:03	9226	Richard Smith	Preston Harriers	705	0:51:02	10171	John Hurse	Tyne Bridge Harriers
606	0:50:04	10253	Simon Lyon	Wallsend Harriers & AC	706	0:51:02	7373	Christopher Collins	Bourville Harriers
607	0:50:04	7461	Swee-leng Chuah	Burton AC	707	0:51:03	8327	Russell Ashford	Highgate Harriers
608	0:50:04	9312	Andrew Smith	Reading Roadrunners	708	0:51:03	10349	Mark Bridges	Wimbledon Windmilers
609	0:50:05	7607	Fraser MacDonald Oulds	Chorlton Runners	709	0:51:04	8385	Brett Hutchinson	Hillingdon AC
610	0:50:05	7226	Alex Mills	Belgrave Harriers	710	0:51:05	9803	Ronan Charlton	Steel City Striders
611	0:50:06	7110	Jon Pearce	Ashford & District RRC	711	0:51:06	7609	Paul Molloy	Chorlton Runners
612	0:50:07	10457	George Eyles	Wycombe Phoenix Harriers &	712	0:51:06	8314	Gavern Newsum	Herne Hill Harriers
613	0:50:08	8960	Philip Marshall	Newbury AC	713	0:51:08	9037	Andrew McConville	Northbrook AC
614	0:50:08	8871	Jeremy Vick	Marshall Milton Keynes AC	714	0:51:08	7973	James Hutchison	Eton Manor AC
615	0:50:11	8073	Andrew Heppell	Gosforth Harriers & AC	715	0:51:08	9439	Paul Rowley	Sale Harriers Manchester
616	0:50:12	9303	David McCoy	Reading Roadrunners	716	0:51:09	8544	Thomas Thain	Kent AC
617	0:50:12	8341	Alex Davidson	Highgate Harriers	717	0:51:09	8394	Mark Speight	Hillingdon AC
618	0:50:12	8856	Stephen Herring	Marshall Milton Keynes AC	718	0:51:09	8028	Stewart McAndie	Fulham RC
619	0:50:16	7803	Alun Lloyd Thomas	Derby AC	719	0:51:10	8416	Samuel Williams-Duncan	Holme Pierrepont RC
620	0:50:18	7842	Gregory Hills	Dulwich Runners AC	720	0:51:10	7237	Andrew Low	Benfleet RC
621	0:50:19	8268	David Grima	Hercules Wimbledon AC	721	0:51:12	8879	Patrick Wright	Matlock AC
622	0:50:19	10365	Sam Appleton	Winchester & District AC	722	0:51:13	9040	Liam Mills	Northbrook AC
623	0:50:20	9450	Richard Brook	Salford Harriers	723	0:51:14	7244	Jamie Higgins	Bexley AC
624	0:50:22	8651	Andrew Inchley	Leighton Buzzard AC	724	0:51:15	9513	David Evans	Serpentine RC
625	0:50:22	8352	James Johnson	Highgate Harriers	725	0:51:17	7910	Matthew Hayes	East Hull Harriers
626	0:50:23	7283	Steve Dunsby	Birmingham Running Athletic	726	0:51:18	8198	Declan Traynor	Harrow AC
627	0:50:23	8806	Patrick Stumpf	Lordshill RR	727	0:51:19	8478	Jonathan Gilroy	Jarrow & Hebburn AC
628	0:50:24	9311	Jamie Smith	Reading Roadrunners	728	0:51:20	7908	David Green	East Hull Harriers
629	0:50:24	10381	Steve Fell	Windsor Slough Eton & Houn	729	0:51:20	8209	Matthew Bland	Havering AC
630	0:50:24	10458	Frank Fulcher	Wycombe Phoenix Harriers &	730	0:51:20	9648	Gareth Parr	South London Harriers
631	0:50:25	7982	Harry Mills	Exeter Harriers	731	0:51:21	7640	Robert Fryer	City Of Portsmouth AC
632	0:50:25	7915	Nigel Sisson	East Hull Harriers	732	0:51:21	10145	Matt Wade	Tring RC
633	0:50:25	7165	Philip Chritchlow	Beaumont RC	733	0:51:21	9901	Philip Roberts	Taunton AC
634	0:50:25	8535	Peter Lighting	Kent AC	734	0:51:22	8455	Malcolm Muir	Ilford AC
635	0:50:25	7695	Jacob Akers	Corby AC	735	0:51:22	8759	Chris Hartley	London Heathside
636	0:50:26	10358	David Sharman	Wimbledon Windmilers	736	0:51:23	10398	John Heap	Wirral AC
637	0:50:27	9254	Mark Herbert	Ranelagh Harriers	737	0:51:23	10182	Paolo Grazieschi	University of Warwick
638	0:50:28	8880	Harry Collins	Medway & Maidstone AC	738	0:51:24	8937	Michael Chapman	Nene Valley Harriers
639	0:50:28	7049	Ashley Quinlan	Aldershot Farnham & District	739	0:51:24	7305	Paul Guinan	Blackburn Harriers
640	0:50:30	8522	Ian Ellwood	Kent AC	740	0:51:25	8265	Stuart Fraser	Hercules Wimbledon AC
641	0:50:30	8817	Stephen Magrath	Low Fell RC	741	0:51:26	9900	James Heal	Taunton AC
642	0:50:30	7802	Jonathon Owen	Derby AC	742	0:51:27	7102	Del Wallace	Arena 80 AC
643	0:50:31	7289	Jonathan Lundy	Birmingham Running Athletic	743	0:51:27	9110	Mark Dillon	Orion Harriers
644	0:50:32	9340	Tony Lambert	Richmond & Zetland Harriers	744	0:51:27	10057	Mark Coates	Tonbridge AC
645	0:50:34	9491	Gary Crompton	Scunthorpe & District AC	745	0:51:28	7891	Manish Kunwar	Ealing Southall & Middlesex /
646	0:50:34	8800	Peter J Boustred	Lordshill RR	746	0:51:28	8742	Matthew Cockerill	London Heathside
647	0:50:35	8837	Jamie Beaman	Manx Harriers	747	0:51:28	9812	James Corden	Stockport Harriers & AC
648	0:50:36	7264	Jack Thorp	Bingley Harriers & AC	748	0:51:29	7603	Jonathon Harris	Chorlton Runners
649	0:50:37	9936	Nick Altmann	Thames Hare & Hounds	749	0:51:29	8955	Stephen Elsmere	Newbury AC
650	0:50:38	7085	Paul Smith	Altrincham & District AC	750	0:51:29	7476	Alex Eggeman	Cambridge & Coleridge
651	0:50:39	8754	Joe Garrood	London Heathside	751	0:51:29	9156	Chad Coomer	Oxford University AC
652	0:50:39	7549	Robin Tubbs	Chelmsford AC	752	0:51:30	10272	Craig Daniels	Watford Joggers
653	0:50:39	9304	Ashley Middlelewick	Reading Roadrunners	753	0:51:31	8975	Tim Sharman	Newcastle Staffs AC
654	0:50:40	7394	David Benton	Brighton & Hove AC	754	0:51:31	9507	Ian Cook	Serpentine RC
655	0:50:40	9162	Joel Spratt	Oxford University AC	755	0:51:32	7592	David Alderson	Chorlton Runners
656	0:50:40	8038	John Wray	Fulham RC	756	0:51:33	9222	Andrew Smith	Poole Runners
657	0:50:41	8463	Adam McKenna	Invicta East Kent AC	757	0:51:33	9389	Nigel Roberts	Rugby & Northampton AC
658	0:50:41	7286	Simon Lanckham	Birmingham Running Athletic	758	0:51:33	9280	Arturo Martinez De Murguia	Reading AC
659	0:50:41	8590	Darren John	Knowle & Dorrige RC	759	0:51:34	9926	Dean Aston	Telford Harriers
660	0:50:41	10473	Simon Collins	York Knavesmire Harriers	760	0:51:34	10481	Johnathan Pinder	York Knavesmire Harriers
661	0:50:42	7813	Fraser Dawson	Dorking & Mole Valley AC	761	0:51:35	9854	William Feline	Stubbington Green Runners
662	0:50:42	7440	Mark Appleton	Bromsgrove & Redditch AC	762	0:51:35	10174	Andy Green	Tynedale Harriers & AC
663	0:50:42	10464	Andy Walling	Wycombe Phoenix Harriers &	763	0:51:36	10339	Paul Jegou	White Horse Harriers
664	0:50:43	10114	Scott Aiken	Trent Park RC	764	0:51:37	7846	Charles Lound	Dulwich Runners AC
665	0:50:43	9175	Jon Peet	Peterborough AC	765	0:51:37	7782	Reuben Burford	Dartford Harriers AC
666	0:50:43	9409	Graham Moffatt	Rushcliffe AC	766	0:51:37	7472	Michael Bucchallet	Cambridge & Coleridge
667	0:50:44	7818	David Moore	Dorking & Mole Valley AC	767	0:51:38	10112	Simon O'Meara	Trafford AC
668	0:50:44	8891	Barry Royden	Medway & Maidstone AC	768	0:51:38	10000	Paul Bowden	The Stragglers Running Club
669	0:50:44	8425	Clark Hind	Holmfrith Harriers AC	769	0:51:39	8287	Robert Tuer	Hercules Wimbledon AC
670	0:50:44	7405	Donald MacLellan	Brighton Phoenix	770	0:51:41	9359	Kyle Craib	Rotherham Harriers & AC
671	0:50:45	9975	Daniel Garcia Rasines	Thames Valley Harriers	771	0:51:42	7406	Jonny McCormack	Brighton Phoenix
672	0:50:45	8568	Paul Jolliffe	Kings Heath RC	772	0:51:43	8055	Andrew De-Camps	Gloucester AC
673	0:50:46	7224	Patrick McDougall	Belgrave Harriers	773	0:51:44	9522	Matthew Hardcastle	Serpentine RC
674	0:50:47	9497	Simon Barrett	Serpentine RC	774	0:51:45	8494	Wayne Briggs	Kenilworth Runners
675	0:50:48	9887	David Williams	Sutton Runners	775	0:51:45	7358	Daniel Hornsby	Border Harriers & AC
676	0:50:49	10061	Timothy Corby	Tonbridge AC	776	0:51:46	10320	Matthew Sibbert	West 4 Harriers
677	0:50:50	7920	Thomas Grimes	East London Runners	777	0:51:47	8317	Jonathan Ratcliffe	Herne Hill Harriers
678	0:50:50	8701	Kyle Nicholls	Liverpool Pembroke & Sefton	778	0:51:48	8064	Graham Atkins	Good Gym
679	0:50:51	9965	Mohamed Abdullahi-Binow	Thames Valley Harriers	779	0:51:48	7420	Anthony Hall	Bristol & West AC
680	0:50:51	10466	Steven Flowers	Wye Valley Runners	780	0:51:48	8747	Sergio Di Noto	London Heathside
681	0:50:52	7169	Tom Lee	Beaumont RC	781	0:51:49	7003	Edward Francis	26.2 RRC
682	0:50:52	8293	Alex Percy	Hermitage Harriers	782	0:51:50	7481	Istvan Jacso	Cambridge & Coleridge
683	0:50:52	7864	Adam Walker	Durham City Harriers & AC	783	0:51:50	9921	Jesse Betts	Telford AC
684	0:50:52	10488	Oliver Garner	The Stragglers Running Club	784	0:51:51	8571	Tim Livesley	Kings Heath RC
685	0:50:52	9942	Richard Hewitt	Thames Hare & Hounds	785	0:51:52	8205	Russ Keen	Hastings AC
686	0:50:53	10100	Henry Willis	Tonbridge AC	786	0:51:53	7083	Roger Preece	Altrincham & District AC
687	0:50:53	7644	Adam O'Hara	City Of Portsmouth AC	787	0:51:53	9722	David Brewis	Sphinx AC
688	0:50:53	10128	Adam Walker	Trent Park RC	788	0:51:53	7613	Christopher Rayner	Chorlton Runners
689	0:50:54	10051	Anthony Bennett	Tonbridge AC	789	0:51:54	9841	Andrew Aitken	Striders Of Croydon
690	0:50:54	8102	Peter Reynolds	Greenwich Tritons Tri Club	790	0:51:54	8562	Kevin Doyle	Kimberworth Striders
691	0:50:55	10486	Robert Ward	York Knavesmire Harriers	791	0:51:54	7895	Nick Steel	Ealing Southall & Middlesex /
692	0:50:55	8794	Luke Wynne	London Heathside	792	0:51:54	9020	Mark Vaughan	North Herts RR
693	0:50:56	8090	John Cox	Great Western Runners	793	0:51:54	8831	Daniel St Martin	Maidstone Harriers
694	0:50:56	7161	Justyn Moore	Basingstoke & Mid Hants AC	794	0:51:56	7925	Billy Rayner	East London Runners
695	0:50:56	7353	Joseph Woods	Blyth RC	795	0:51:56	8939	Lee Hartill	Nene Valley Harriers
696	0:50:56	7581	Tom Pritchard	Chichester Runners & AC	796	0:51:57	8449	Rod McKee	Huntingdonshire AC
697	0:50:57	9931	Paul O'Brien	Telford Harriers	797	0:52:00	7515	David Worden	Cambridge Harriers
698	0:50:57	7048	Daniel Quinlan	Aldershot Farnham & District	798	0:52:00	8404	Tom Quaye	Hinckley RC
699	0:50:57	10343	Robert Jackson	Wilmslow RC	799	0:52:03	8059	Owen Parry	Gloucester AC
700	0:50:57	9225	Benjamin Read	Preston Harriers	800	0:52:03	8127	Adam Cross	Halesowen AC

# Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
801	0:52:05	10237	Bruno Mustone	Victoria Park H. & Tower Han	901	0:53:06	7432	Robert Farrant	BRJ Run and Tri
802	0:52:05	8459	Tim Ashelford	Ilkley Harriers AC	902	0:53:07	10288	John McKenna	Waverley Harriers
803	0:52:06	7021	Richard Gould	Alchester Running Club	903	0:53:07	8292	Ian Murdey	Hermitage Harriers
804	0:52:08	9562	Eddie Ware	Serpentine RC	904	0:53:07	8487	Jonathan Law	Jesmond Joggers
805	0:52:09	7168	Robert Jinks	Beaumont RC	905	0:53:08	8124	Mark Tennyson	Guildford & Godalming AC
806	0:52:10	10301	David Taylor	Wesham RR	906	0:53:08	9422	Richard Edwards	Sale Harriers Manchester
807	0:52:10	9441	Glen Savage	Sale Harriers Manchester	907	0:53:08	10482	Tom Ratcliffe	York Knavesmire Harriers
808	0:52:10	8026	Andrew Han	Fulham RC	908	0:53:08	8382	Scott Farley	Hillingdon AC
809	0:52:11	8951	Timothy Bagguley	Newark AC	909	0:53:09	8343	William Dawber	Highgate Harriers
810	0:52:12	9610	Tom Watson	Silson Joggers AC	910	0:53:09	8373	Ben Wood	Highgate Harriers
811	0:52:12	9504	David Campbell	Serpentine RC	911	0:53:10	7821	Robert Russell	Dorking & Mole Valley AC
812	0:52:13	9534	Ryan McCrickerd	Serpentine RC	912	0:53:10	8656	Stuart Read	Leighton Buzzard AC
813	0:52:13	7513	David Reader	Cambridge Harriers	913	0:53:11	7888	Elliot Jones	Ealing Southall & Middlesex J
814	0:52:15	7983	Matthew Prisk	Exeter Harriers	914	0:53:11	8431	Jonathon Sykes	Holmfirth Harriers AC
815	0:52:16	9033	Damien Dear	Northbrook AC	915	0:53:11	8559	Stephen Thompson	Kettering Town Harriers
816	0:52:16	8199	Richard Darling	Hartlepool Burn Road Harrier	916	0:53:12	8227	Chris Prince	Headington RR
817	0:52:16	8894	Neill Wright	Medway & Maidstone AC	917	0:53:13	10415	Matthew Winn-Smith	Woking AC
818	0:52:16	9330	Max Olive	Reigate Priory AC	918	0:53:13	7018	Simon Newton	Ackworth Road Runners
819	0:52:17	9072	Jonathan Hiorns	Notts AC	919	0:53:14	8788	Esa Valtanen	London Heathside
820	0:52:17	9750	Stuart Raven	Springfield Striders	920	0:53:14	9769	Michael Martin	St Albans Striders
821	0:52:17	8304	Fraser Hagell	Herne Hill Harriers	921	0:53:14	8183	Josh Fuller	Harrogate Harriers & AC
822	0:52:19	8743	Michael Cockings	London Heathside	922	0:53:16	7697	Tom Dallamore	Corby AC
823	0:52:19	9112	Barnaby Foot	Orion Harriers	923	0:53:16	7628	Thomas Barker	City Of Norwich AC
824	0:52:21	9594	Benjamin Mahoney	Sheffield RC	924	0:53:16	8305	Dan Hallam	Herne Hill Harriers
825	0:52:22	10375	Alexander Whiting	Winchester & District AC	925	0:53:16	9482	Jim Thompson	Saltwell Harriers
826	0:52:22	9271	James Whistler	Ranelagh Harriers	926	0:53:17	10094	Adam Styles	Tonbridge AC
827	0:52:23	9487	Mark Fallowfield-Smith	Sandhurst Joggers	927	0:53:18	8883	Adam Featherstone	Medway & Maidstone AC
828	0:52:23	8898	Jeff Bannister	Mornington Chasers	928	0:53:18	7413	Paul Weir	Brighton Phoenix
829	0:52:23	9832	Scott Williams	Stowmarket Striders	929	0:53:18	8950	Clive Thornton	New Marske Harriers
830	0:52:24	7608	Ben McCormack	Chorlton Runners	930	0:53:18	8303	Deron Fagan	Herne Hill Harriers
831	0:52:24	9828	Nick Palmer	Stowmarket Striders	931	0:53:19	8145	Robert Cook	Hallamshire Harriers Sheffield
832	0:52:25	9337	John Sutton	Ribble Valley Harriers	932	0:53:20	7685	Henry Wilson	Clapham Pioneers
833	0:52:26	7005	Chris Rawcliffe	26.2 RRC	933	0:53:20	8433	Jonathan Arnold	Horsham Blue Star Harriers
834	0:52:26	7612	Russell Price	Chorlton Runners	934	0:53:21	7277	Mike Morley	Birchfield Harriers
835	0:52:26	7790	Daniel Jackson	Dartford Harriers AC	935	0:53:21	7532	George Buttery	Charnwood AC
836	0:52:26	9004	Andy Trudgian	Newquay & Par AC	936	0:53:21	8737	Simon Brown	London Heathside
837	0:52:27	9526	Matthew Holden	Serpentine RC	937	0:53:21	8115	Lee Lintern	Guildford & Godalming AC
838	0:52:27	10410	Simon Egan	Woking AC	938	0:53:22	8735	Mark Anderson	London Heathside
839	0:52:28	8173	Tom Cochrane	Harpenden Arrows	939	0:53:23	10268	Scot Charlton	Watford Joggers
840	0:52:28	9834	Tim Hutchinson	Stratford Upon Avon AC	940	0:53:23	9435	Peter O'Neill	Sale Harriers Manchester
841	0:52:28	9940	Anthony Doolittle	Thames Hare & Hounds	941	0:53:24	9269	Marc Snaith	Ranelagh Harriers
842	0:52:28	8538	Adam Paterson	Kent AC	942	0:53:24	8512	Michael Barlow	Kent AC
843	0:52:29	8485	Alex Rafa	Jersey Spartans AC	943	0:53:27	7936	Phil Ray	Elvet Striders
844	0:52:29	10255	Tim Nicholson	Wallsend Harriers & AC	944	0:53:28	8825	Carl Hanaghan	Macclesfield Harriers & AC
845	0:52:30	8025	James Hampshire	Fulham RC	945	0:53:28	8809	Kevin Yates	Lordshill RR
846	0:52:30	8257	Peter Collins	Hercules Wimbledon AC	946	0:53:29	10238	Ethan Obrien	Victoria Park H. & Tower Han
847	0:52:31	9363	Philip Hoole	Rotherham Harriers & AC	947	0:53:30	7966	Simon Cottle	Eton Manor AC
848	0:52:32	7641	Dave Haydon	City Of Portsmouth AC	948	0:53:31	7137	John Kourpas	Barnet & District AC
849	0:52:33	8081	Stephen Hobday	Grantham AC	949	0:53:33	9539	Jonathan Moscrop	Serpentine RC
850	0:52:33	8410	James Kirkwood	Holme Pierrepont RC	950	0:53:33	9417	Paul Barrett	Sale Harriers Manchester
851	0:52:34	7764	Gary Coombes	Dagenham 88 Runners	951	0:53:33	8741	Joseph Clemoes	London Heathside
852	0:52:35	9506	Peter Clarke	Serpentine RC	952	0:53:34	10009	Donovan Duffy	The Stragglers Running Club
853	0:52:36	8499	Matt Dyer	Kenilworth Runners	953	0:53:36	7345	Steve Bailey	Blackwater Valley Runners
854	0:52:37	7317	Thomas Desborough	Blackheath & Bromley Harrie	954	0:53:36	8221	John Whitehead	Havering AC
855	0:52:37	7779	Dylan Beaver	Dartford Harriers AC	955	0:53:37	8923	Neil Gunstone	Morpeth Harriers & AC
856	0:52:38	10414	James Thomas	Woking AC	956	0:53:38	9144	Chris Parkes-Bowen	Owls AC
857	0:52:39	7442	Andrew Freeman	Bromsgrove & Redditch AC	957	0:53:40	7617	Jamie Stewart	Chorlton Runners
858	0:52:39	7239	Terence Spooner	Benfleet RC	958	0:53:41	9919	Christopher Stokes	Team Derby Runner
859	0:52:39	7238	Paul Ruffy	Benfleet RC	959	0:53:41	9386	Joseph Lantsbery	Rugby & Northampton AC
860	0:52:39	10177	Ben Godson	University of Leicester R & AC	960	0:53:42	7039	Zippy Grice	Aldershot Farnham & District
861	0:52:40	7658	Gavin Brandie	Clapham Chasers	961	0:53:42	7795	Jay Smith	Dartford RR
862	0:52:41	10071	Simon Fraser	Tonbridge AC	962	0:53:42	7156	Chris Elmer	Basingstoke & Mid Hants AC
863	0:52:41	8635	David Pearce	Leicester Corinthian AC	963	0:53:42	9119	Mark Ashcroft	Oprington Road Runners
864	0:52:42	8408	Eddie George	Holme Pierrepont RC	964	0:53:43	10159	Edward Steele	Tunbridge Wells Harriers
865	0:52:42	9912	Alberto Lapedriza	Team Bath AC	965	0:53:43	10137	Ed Wilson	Trentham RC
866	0:52:42	9423	Olivier Gallemain	Sale Harriers Manchester	966	0:53:44	9368	Richard Parker	Rotherham Harriers & AC
867	0:52:42	10172	David Moir	Tyne Bridge Harriers	967	0:53:45	9336	Andrew Heys	Ribble Valley Harriers
868	0:52:42	9240	Michael Dmitrzak	Queen's Park Harriers	968	0:53:45	9545	Jose Paiva	Serpentine RC
869	0:52:43	8599	Johnathon Brown	Leamington C & AC	969	0:53:47	9582	Robert Rigby	Shaftesbury Barnet Harriers
870	0:52:44	7744	David Brown	Croydon Harriers	970	0:53:47	7506	Joshua Lawless	Cambridge Harriers
871	0:52:45	8172	Steve Bowran	Harpenden Arrows	971	0:53:48	8034	Patrick Smadbeck	Fulham RC
872	0:52:45	8808	Kevin Willsher	Lordshill RR	972	0:53:50	8697	Paul Owens	Liverpool Harriers & AC
873	0:52:46	8009	Nick Hammond	Framlingham Flyers	973	0:53:50	9293	David Ferguson	Reading Roadrunners
874	0:52:46	8054	Scott Carpenter	Gloucester AC	974	0:53:50	9591	Chris Ireland	Sheffield RC
875	0:52:48	7857	Thomas South	Dulwich Runners AC	975	0:53:51	7676	Gary Salmon	Clapham Chasers
876	0:52:49	7116	Martin Eglinton	Avon Valley Runners	976	0:53:51	7154	Martin Broderick	Basingstoke & Mid Hants AC
877	0:52:50	8322	Edward Turner	Herne Hill Harriers	977	0:53:52	9480	Matthew O'Brien	Saltwell Harriers
878	0:52:50	8308	Richard Keeble	Herne Hill Harriers	978	0:53:53	9627	Chris Dix	Solihull & Small Heath AC
879	0:52:50	9791	James Shiner	St Neots Riverside Runners	979	0:53:53	9057	Martin Horlock	Norwich RR
880	0:52:50	9766	Mike Jubb	St Albans Striders	980	0:53:54	10216	Simeon Bennett	Victoria Park H. & Tower Han
881	0:52:51	8839	Oliver Dickinson	Manx Harriers	981	0:53:54	7400	Kieran Silsby	Brighton & Hove AC
882	0:52:51	7155	Ashley Cox	Basingstoke & Mid Hants AC	982	0:53:55	10098	Joseph Watts	Tonbridge AC
883	0:52:52	10241	Duncan Steen	Victoria Park H. & Tower Han	983	0:53:55	9322	Dan Hippey	Redway Runners
884	0:52:52	7976	James Pilch	Eton Manor AC	984	0:53:55	8128	Richard Guest	Halesowen AC
885	0:52:53	9551	Gideon Reid	Serpentine RC	985	0:53:56	8087	Adam Smith	Great Bentley RC
886	0:52:53	9146	Adam Bayliss	Oxford City AC	986	0:53:56	9100	Eric Fowler	Nuneaton Harriers
887	0:52:54	9700	Alex Waddelove	Southport Waterloo AC	987	0:53:57	7545	Michael Bridgeland	Chelmsford AC
888	0:52:55	9538	Simon Morris	Serpentine RC	988	0:53:57	8310	Sam Knight	Herne Hill Harriers
889	0:52:55	9492	Chris Lines	Sedgefield Harriers	989	0:53:57	7693	Bryan Lomas	Congleton Harriers
890	0:52:55	9391	Jonathan Taylor	Rugby & Northampton AC	990	0:53:57	10242	Matthew Walker	Victoria Park H. & Tower Han
891	0:52:56	9455	Charles Foster	Salford Harriers	991	0:53:57	8897	John Armstrong	Mornington Chasers
892	0:52:57	8418	Christopher Beadle	Holmfirth Harriers AC	992	0:53:58	8886	Justin Lane	Medway & Maidstone AC
893	0:52:58	9626	Adam Cole	Solihull & Small Heath AC	993	0:53:58	10476	Giles Hawking	York Knavesmire Harriers
894	0:52:59	10150	Matthew Ferris	Tunbridge Wells Harriers	994	0:53:58	7700	Daniel Keating	Corby AC
895	0:53:00	9229	Marc Ellis	Quakers RC	995	0:53:59	9067	Anthony Carbutt	Notts AC
896	0:53:01	8036	Nick Thomas	Fulham RC	996	0:53:59	7436	Andy Phillips	BRJ Run and Tri
897	0:53:01	7677	Joe Spraggins	Clapham Chasers	997	0:53:59	9859	Andrew Stockwell	Stubbington Green Runners
898	0:53:02	8272	Peter Lee	Hercules Wimbledon AC	998	0:54:00	8536	Arif Merali	Kent AC
899	0:53:03	7125	Timothy Butler	Barnet & District AC	999	0:54:00	7858	Tony Tuohy	Dulwich Runners AC
900	0:53:04	8282	Keith Scofield	Hercules Wimbledon AC	1000	0:54:01	9361	Chris Griffiths	Rotherham Harriers & AC

# Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1001	0:54:01	8200	Paul Bennett	Hastings AC	1101	0:54:55	7014	Jack Miller	Abingdon AC
1002	0:54:01	7918	Danny Wilson	East Hull Harriers	1102	0:54:55	10303	Jack Bovey	West 4 Harriers
1003	0:54:01	9564	Phillip Whitehouse	Serpentine RC	1103	0:54:56	7974	Sam Jackson	Eton Manor AC
1004	0:54:01	7062	Liam Harrold	Aldridge RC	1104	0:54:58	7092	Steve Brett	Andover AC
1005	0:54:03	9970	Manuel Da Silva	Thames Valley Harriers	1105	0:55:00	8436	Christopher Essex-Crosby	Horwich RMI Harriers
1006	0:54:03	10460	Tim Hogbin	Wycombe Phoenix Harriers & 26.2 RRC	1106	0:55:01	9117	Ben Rowlands	Orion Harriers
1007	0:54:03	7006	Nathan Sayers	Avon Valley Runners	1107	0:55:01	7883	Robert Brown	Ealing Southall & Middlesex / Keighley & Craven AC
1008	0:54:03	7119	Gary MacAlister	Watford Joggers	1108	0:55:01	8491	Scott Bairstow	Orion Harriers
1009	0:54:05	10280	Steve Norris	Dartford Harriers AC	1109	0:55:01	9111	Peter Fairlamb	Sheffield RC
1010	0:54:05	7783	Connor Burford	Tonbridge AC	1110	0:55:03	9595	Chris Moss	Coventry Godiva Harriers
1011	0:54:05	10073	Stephen Keywood	Bournville Harriers	1111	0:55:04	7724	Jack Pegler	Wirral AC
1012	0:54:06	7381	Stuart Pearson	Ranelagh Harriers	1112	0:55:05	10392	Richard Bargh	Dulwich Runners AC
1013	0:54:06	9265	Vaughan Ramsay	St Helens Sutton AC	1113	0:55:05	7859	Jonathan Whittaker	York Knivesmire Harriers
1014	0:54:07	9781	Jake Healy	Swinton RC	1114	0:55:06	10477	Rory Henderson	Macclesfield Harriers & AC
1015	0:54:08	9892	Stuart Tucker	St Helens Sutton AC	1115	0:55:07	8826	Robert Hasler	Blackwater Valley Runners
1016	0:54:08	9777	John Appleton	Victoria Park H. & Tower Ham	1116	0:55:08	7349	Patrick Lines	Garden City Runners
1017	0:54:08	10220	Richard Bryant	Leighton Buzzard AC	1117	0:55:09	8040	Russell Casey	Dulwich Runners AC
1018	0:54:08	8642	James Bell	Harborough AC	1118	0:55:10	7861	Nicholas Wood	Striders Of Croydon
1019	0:54:09	8171	Tom Ward	Ranelagh Harriers	1119	0:55:11	9847	Andy Perks	Fulham RC
1020	0:54:09	9250	Peter Faul	Larkfield AC	1120	0:55:11	8027	Nathaniel Hicks	Watford Harriers
1021	0:54:09	8597	Stephen Throssell	Westbury Harriers	1121	0:55:12	10262	Stuart Ingham	Sheffield RC
1022	0:54:10	10331	Chris Palmer	Croydon Harriers	1122	0:55:12	9589	John Doherty	Sale Harriers Manchester
1023	0:54:10	7742	Glenn Barden	London Heathside	1123	0:55:13	9421	Elton Davies	Bracknell AC
1024	0:54:12	8779	Rajiv Ratan	Larkfield AC	1124	0:55:13	7389	Gareth Jones	Harrogate Harriers & AC
1025	0:54:12	8595	Matthew Field	Aldershot Farnham & District	1125	0:55:13	8182	Richard Frostztega	Houghton Harriers & AC
1026	0:54:12	7025	Richard Batchelor	Blackwater Valley Runners	1126	0:55:13	8445	Steven Johnson	Leamington C & AC
1027	0:54:14	7348	Oscar-luis Fernandez	Sale Harriers Manchester	1127	0:55:14	8600	Marc Curtis	Ashford & District RRC
1028	0:54:14	9444	Matthew Spragg	Ealing Southall & Middlesex / Thames Valley Harriers	1128	0:55:15	7111	Julius Samson	Chorlton Runners
1029	0:54:15	7890	Mark Kencroft	South London Harriers	1129	0:55:15	7605	Stuart Holliday	Crawley Saints & Sinners Run
1030	0:54:15	9968	Greg Bennett	Winchester & District AC	1130	0:55:16	7734	Paul Luttmann	Halesowen AC
1031	0:54:16	9650	Glenn Quarton	Medway & Maidstone AC	1131	0:55:16	8131	David Lewis	Victoria Park H. & Tower Ham
1032	0:54:16	10371	Andrew Parkinson	Sphinx AC	1132	0:55:17	10231	Scott Greenwood	Runnymede Runners
1033	0:54:16	8893	Gareth Williams	Serpentine RC	1133	0:55:18	9400	Michael Guy	North Shields Polytechnic Clu
1034	0:54:17	9724	Allen El- Sour	Chichester Runners & AC	1134	0:55:18	9028	David Quinn	Havering AC
1035	0:54:18	9525	Theo Highland	Oldham & Royton Harriers & Folkestone RC	1135	0:55:19	8210	Martin Chester	London Frontrunners
1036	0:54:19	7575	Jim Garland	Thames Hare & Hounds	1136	0:55:19	8713	Tim Charters	St Albans Striders
1037	0:54:19	9104	Nathan Hilditch	Harpenden Arrows	1137	0:55:20	9754	Nigel Aston	London Heathside
1038	0:54:19	8000	Andrew Noble	Serpentine RC	1138	0:55:20	8738	Keith Burrows	Striders Of Croydon
1039	0:54:19	9957	Iain Sheridan	Lincoln & District Runners	1139	0:55:20	9850	Darren Woods	Kent AC
1040	0:54:20	8179	Ammon Piepgrass	Guldford & Godalming AC	1140	0:55:21	8542	Len Reilly	Belgrave Harriers
1041	0:54:20	9554	Richard Taylor	Leighton Buzzard AC	1141	0:55:21	7228	Ted Oldman	Tunbridge Wells Harriers
1042	0:54:20	8663	Jonathan Hobbs	London Frontrunners	1142	0:55:22	10151	Dave Hadaway	Serpentine RC
1043	0:54:21	8112	Ben Gilmore	Petts Wood Runners	1143	0:55:23	9529	William Lake	Swinton RC
1044	0:54:21	8657	Warren Rose	Sutton Runners	1144	0:55:23	9889	Ian Cronshaw	Guldford & Godalming AC
1045	0:54:21	8715	Rob Daly	Greenwich Tritons Tri Club	1145	0:55:24	8108	Robin Boon	Wirral AC
1046	0:54:22	9183	Kevin Chadwick	Clapham Chasers	1146	0:55:24	10400	Mark Hulmston	Leighton Buzzard AC
1047	0:54:22	9878	Kevin Lewis	Sparkhill Harriers	1147	0:55:24	8647	Michael Furness	Kettering Town Harriers
1048	0:54:22	8101	Tom Ralph	London Heathside	1148	0:55:25	8549	Phil Bridgen	Serpentine RC
1049	0:54:23	7673	Sam Robinson	University of Leicester R & AC	1149	0:55:25	9528	Henry Kemp	Sale Harriers Manchester
1050	0:54:23	9713	Darren Riley	Westbury Harriers	1150	0:55:26	9419	Craig Bradbury	Jersey Spartans AC
1051	0:54:24	8771	Andrew McGeary	Mornington Chasers	1151	0:55:26	8483	Ger Mooney	Guldford & Godalming AC
1052	0:54:24	10178	Joshua Hough	Fulham RC	1152	0:55:27	8120	Philip Pryke	Poole AC
1053	0:54:26	10333	Robin Phillips	Royal Sutton Coldfield AC	1153	0:55:27	9217	David Wood	Werrington Joggers
1054	0:54:26	8912	Richard Silvertown	Blackheath & Bromley Harrie	1154	0:55:27	10296	Jeff Lucas	Kirkstall Harriers
1055	0:54:27	8019	Thomas Daley	Beckenham RC	1155	0:55:27	8587	Jonathan Young	Silson Joggers AC
1056	0:54:28	9374	Ashley Powell	Kent AC	1156	0:55:27	9601	James Darcy	West 4 Harriers
1057	0:54:28	7337	Paul Sharpe	Southampton AC	1157	0:55:28	10316	Martin Peck	Bexley AC
1058	0:54:29	7175	Tom Froggett	Fulham RC	1158	0:55:29	7240	Jonathan Armstrong	Rugby & Northampton AC
1059	0:54:31	8529	Lee Haze	Herne Hill Harriers	1159	0:55:29	9382	Vincent Carroll	Hinckley RC
1060	0:54:31	9676	Peter Merritt	Team Bath AC	1160	0:55:30	8403	Nick Moore	York Knivesmire Harriers
1061	0:54:31	8035	Andrew Stringer	Tonbridge AC	1161	0:55:30	10478	Darren Hendley	London Frontrunners
1062	0:54:32	8298	Trevor Chilton	Serpentine RC	1162	0:55:31	8716	Benjamin Dennis	Preston Harriers
1063	0:54:32	10078	Michael Mason	North Derbyshire RC	1163	0:55:32	9227	Chris Wales	Eastleigh RC
1064	0:54:32	9565	Robert Whitmarsh	Waverley Harriers	1164	0:55:32	7929	Rich McAleer	Newcastle Staffs AC
1065	0:54:33	9010	Gary Elkington	Winchester & District AC	1165	0:55:33	8978	Andrew Walker	Thames Hare & Hounds
1066	0:54:34	10286	Mark Hobbs	Bournville Harriers	1166	0:55:33	9959	Rory Spicer	Southend On Sea AC
1067	0:54:35	10372	Simon Tarrant	Team Bath AC	1167	0:55:34	9693	Alec Louis Kyriakides	Beckenham RC
1068	0:54:35	7377	Andrew Hoole	Tonbridge AC	1168	0:55:34	7179	Ed Osborne	Sphinx AC
1069	0:54:36	9906	Alex Copping	Sunderland Harriers & AC	1169	0:55:35	9730	Rob Wheatley	Mornington Chasers
1070	0:54:37	10079	Matthias Meyer	Charnwood AC	1170	0:55:37	8915	Jonathan Thomson	Serpentine RC
1071	0:54:37	9868	Paul Redman	Woking AC	1171	0:55:38	9494	Rhys Annett	Nene Valley Harriers
1072	0:54:38	7534	Samuel Densham	Team Bath AC	1172	0:55:38	8944	Luke Myers	Wirral AC
1073	0:54:38	10412	Juan Manuel Gonzalez	Orpington Road Runners	1173	0:55:38	10402	Daniel Morgan	Birchfield Harriers
1074	0:54:38	9910	Tim Hill	Stubbington Green Runners	1174	0:55:39	7271	Peter Dimpleby	Gloucester AC
1075	0:54:40	9122	Steve Georgiadis	Thames Valley Harriers	1175	0:55:40	8057	Steven Haines	Orion Harriers
1076	0:54:40	9861	Mike White	Witham RC	1176	0:55:41	9118	Tim Wright	Trent Park RC
1077	0:54:41	9985	Stephen Norris	Bourne Town Harriers	1177	0:55:42	10122	Stephen Moss	Watford Harriers
1078	0:54:41	10405	Leo Cole	Barnet & District AC	1178	0:55:43	10265	Eamonn Twomey	Herne Hill Harriers
1079	0:54:42	7365	Adam Swallow	Salford Harriers	1179	0:55:43	8324	James Ward	The Stragglers Running Club
1080	0:54:42	7150	Michael Walker	Highgate Harriers	1180	0:55:44	10013	Andrew Hoseason	The Stragglers Running Club
1081	0:54:43	9452	Mohammed Yousaf Butt	BRU Run and Tri	1181	0:55:45	10021	Gareth Pritchard	Dulwich Runners AC
1082	0:54:44	8330	Chris Beecham	Sutton Runners	1182	0:55:46	7856	Stephen Smythe	Dulwich Runners AC
1083	0:54:44	7437	Russ Tuit	Reading Roadrunners	1183	0:55:48	7838	Matthew Cooke	Greenwich Tritons Tri Club
1084	0:54:44	9877	Damien Hersey	London Heathside	1184	0:55:48	8103	Dmitrij Savickij	Windsor Slough Eton & Houn
1085	0:54:44	9308	Tom Peirson-Smith	Charnwood AC	1185	0:55:49	10388	Sebastien Pencole	Tunbridge Wells Harriers
1086	0:54:44	8766	Jonathan Litchfield	Birchfield Harriers	1186	0:55:49	10155	Casper Morris	Lordshill RR
1087	0:54:47	7535	James Ketteringham	Wirral AC	1187	0:55:49	8802	Neil Catchlove	Phoenix Striders
1088	0:54:48	7275	Lee Harris	Wimbledon Windmilers	1188	0:55:50	9197	Ewan McFarlane	Ilford AC
1089	0:54:48	10395	Simon Dunk	Highgate Harriers	1189	0:55:50	8453	Neil Crisp	Leamington C & AC
1090	0:54:48	10356	Phil Reeves	The Stragglers Running Club	1190	0:55:50	8606	Simon Perkin	Southampton AC
1091	0:54:49	8347	Brendan Donnelly	The Stragglers Running Club	1191	0:55:51	9670	Paul Johnson	Garden City Runners
1092	0:54:49	9999	Crispin Allen	Barnet & District AC	1192	0:55:51	8043	Andy Holt	Cambridge & Coleridge
1093	0:54:50	10006	Malcolm Davies	Springfield Striders	1193	0:55:52	7493	Grant Stewart	Tonbridge AC
1094	0:54:50	7144	Giovanni Muretto	Leamington C & AC	1194	0:55:52	10099	William Whitmore	Aldridge RC
1095	0:54:50	9748	Robert Mills	Tring RC	1195	0:55:52	7069	Mark Shaw	Hercules Wimbledon AC
1096	0:54:50	8610	Charlie Staveley	Clapham Chasers	1196	0:55:54	8263	Richard Evans	Croydon Harriers
1097	0:54:52	10140	Nigel Bunn	Cambridge Harriers	1197	0:55:54	7747	Julian Forbes	Clapham Pioneers
1098	0:54:53	7669	Alastair Love	Amphill & Flitwick Flyers RC	1198	0:55:54	7684	Michael Wiggins	Tunbridge Wells Harriers
1099	0:54:54	7514	Peter St. Amour		1199	0:55:55	10153	Simon Howden	St Albans Striders
1100	0:54:55	7087	George Arbuckle		1200	0:55:55	9755	Colin Braybrook	

# Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1201	0:55:55	8387	Paul Leppard	Hillingdon AC	1301	0:56:54	8007	William Aldred	Framlingham Flyers
1202	0:55:56	8460	Stephen Coy	Ilkley Harriers AC	1302	0:56:54	9561	Richard Walkland	Serpentine RC
1203	0:55:56	8873	Steve Withers	Marshall Milton Keynes AC	1303	0:56:55	8267	James Greene	Hercules Wimbledon AC
1204	0:55:57	7708	James Bennett	Coventry Godiva Harriers	1304	0:56:56	9819	Gez Fallon	Stopsley Striders
1205	0:55:58	10022	Tiago Ramos	The Stragglers Running Club	1305	0:56:56	9223	Colin Somers	Poole Runners
1206	0:55:58	8018	Christopher Cooper	Fulham RC	1306	0:56:57	9560	James Turner	Serpentine RC
1207	0:55:58	10141	Tom Hill	Tring RC	1307	0:56:57	8576	Matthew Hyett	Kingston AC & Polytechnic H
1208	0:55:59	7094	Chris Dewey	Andover AC	1308	0:56:58	8753	David Fallon	London Heathside
1209	0:56:00	9745	Robin McCoy	Springfield Striders	1309	0:56:58	8130	James Hoult	Halesowen AC
1210	0:56:01	8260	Khaled Diaw	Hercules Wimbledon AC	1310	0:56:58	7542	Nick White	Charnwood AC
1211	0:56:01	8967	Ben Wickens	Newbury AC	1311	0:57:00	9848	Michael Turner	Striders Of Croydon
1212	0:56:01	9065	Ben Abbott	Notts AC	1312	0:57:00	7141	Michael Martin	Barnet & District AC
1213	0:56:02	9273	Matthew Williams	Ranelagh Harriers	1313	0:57:01	8072	Matt Hart	Gosforth Harriers & AC
1214	0:56:03	7540	Nick Rees	Charnwood AC	1314	0:57:02	8174	Andrew Cripps	Harpenden Arrows
1215	0:56:04	8718	Karlwinder Hayer	London Frontrunners	1315	0:57:02	7546	Andrew French	Chelmsford AC
1216	0:56:04	9825	Phillip Green	Stowmarket Striders	1316	0:57:03	7824	Darrell Bodin	Dudley & Stourbridge Harrier
1217	0:56:04	8228	Doug Simpson	Headington RR	1317	0:57:04	9842	Luke Burden	Striders Of Croydon
1218	0:56:04	8413	Andrew Soley	Holme Pierrepont RC	1318	0:57:05	9804	Stephen Clarke	Steel City Striders
1219	0:56:04	10251	Patrick Dinsmore	Wallsend Harriers & AC	1319	0:57:05	9035	Richard Hodge	Northbrook AC
1220	0:56:06	7078	Dan Martell	Altrincham & District AC	1320	0:57:06	8700	Bernard Murphy	Liverpool Pembroke & Seftor
1221	0:56:10	9157	James Knox	Oxford University AC	1321	0:57:06	8253	Jim Carrington	Hercules Wimbledon AC
1222	0:56:10	9649	Philip Pearson	South London Harriers	1322	0:57:07	7059	Steve Blakemore	Alldridge RC
1223	0:56:10	9956	Oily Russell	Thames Hare & Hounds	1323	0:57:07	7674	Christian Rose-Day	Clapham Chasers
1224	0:56:11	9042	Damian Pharoah	Northbrook AC	1324	0:57:08	9661	Colin Robson	South Shields Harriers & AC
1225	0:56:11	8079	Neil Ramsay	Gosforth Harriers & AC	1325	0:57:08	8916	David Thorne	Mornington Chasers
1226	0:56:11	7939	Peter Holmes	Ely Runners	1326	0:57:09	9833	Malcolm Bowyer	Stratford Upon Avon AC
1227	0:56:12	8412	Chris Rhodes	Holme Pierrepont RC	1327	0:57:09	9190	Stephen Pond	Petts Wood Runners
1228	0:56:12	10055	Alan Buckle	Tonbridge AC	1328	0:57:10	7459	Nigel Sullivan	Burnham Joggers
1229	0:56:13	7327	Graham Hollingdale	Blackheath & Bromley Harrie	1329	0:57:11	8548	Martin Allinson	Kettering Town Harriers
1230	0:56:14	7096	Samuel Bennett	Arena 80 AC	1330	0:57:11	10422	Ben Pilsbury	Wolverhampton & Bilston
1231	0:56:15	7991	David Riddell	Fairlands Valley Spartans	1331	0:57:11	8744	Lee Connor	London Heathside
1232	0:56:16	8895	Gordon Baird	Middlesbrough & Cleveland H	1332	0:57:11	7947	Stuart Flack	Epsom & Ewell Harriers
1233	0:56:16	9461	David Lockett	Salford Harriers	1333	0:57:13	9849	Mohan Venugopal	Striders Of Croydon
1234	0:56:18	7937	Benjamin Cook	Ely Runners	1334	0:57:14	7619	Daniel Vasey	Chorlton Runners
1235	0:56:19	10467	Jeremy Jehan	Wye Valley Runners	1335	0:57:14	9408	Danny McIntyre	Rushcliffe AC
1236	0:56:20	9756	Richard Davis	St Albans Striders	1336	0:57:14	8466	Gavin Whitlock	Invicta East Kent AC
1237	0:56:20	8655	Charlie Mead	Leighton Buzzard AC	1337	0:57:15	9824	Tom Ames	Stowmarket Striders
1238	0:56:20	7812	Lawrence Bate	Dorking & Mole Valley AC	1338	0:57:16	8497	Neil Cressy	Kenilworth Runners
1239	0:56:21	8789	Chris Vincent	London Heathside	1339	0:57:16	8037	Ben Thornton	Fulham RC
1240	0:56:21	9013	Tom Topham	North Derbyshire RC	1340	0:57:16	8790	Peter Ward	London Heathside
1241	0:56:21	8095	Will Purcell	Great Western Runners	1341	0:57:17	8329	Chris Bailey	Highgate Harriers
1242	0:56:22	8812	Richard Conder	Low Fell RC	1342	0:57:17	10332	Ewan Paton	Westbury Harriers
1243	0:56:22	7019	Vincente Bayliss	Alchester Running Club	1343	0:57:17	9929	Chris Doran	Telford Harriers
1244	0:56:23	8188	Nick Andrews	Harrow AC	1344	0:57:17	9029	Paul Richardson	North Shields Polytechnic Clu
1245	0:56:23	9050	Mark Betts	Norwich RR	1345	0:57:18	7601	Anthony Everitt	Chorlton Runners
1246	0:56:24	7989	Todd Gray	Fairlands Valley Spartans	1346	0:57:18	10004	Steven Clelland	The Stragglers Running Club
1247	0:56:25	8137	Philip Scarr	Halesowen AC	1347	0:57:19	9130	Matthew Steere	Orpington Road Runners
1248	0:56:26	8798	Robert Daniel Agar	Lordshill RR	1348	0:57:19	8291	Gregory Mann	Hermitage Harriers
1249	0:56:26	8730	Rich Webb	London Frontrunners	1349	0:57:20	7629	Jonathan Baxter	City Of Norwich AC
1250	0:56:27	8643	Matthew Brooks	Leighton Buzzard AC	1350	0:57:21	9927	Victor Bennett	Telford Harriers
1251	0:56:27	10290	Luke Staddon	Waverley Harriers	1351	0:57:21	8584	Adam Moger	Kirkstall Harriers
1252	0:56:27	7252	Simon Lashmar	Billericay Striders	1352	0:57:21	8005	Paul Griffiths	Formula One Circuit Crew
1253	0:56:28	7598	Justin Cleary	Chorlton Runners	1353	0:57:21	8953	Jeff Bird	Newbury AC
1254	0:56:28	8731	Julian Williams	London Frontrunners	1354	0:57:21	8215	Graham Hogan	Havering AC
1255	0:56:29	8688	John Connolly	Liverpool Harriers & AC	1355	0:57:22	10007	Jim Desmond	The Stragglers Running Club
1256	0:56:29	8781	Rob Salter	London Heathside	1356	0:57:22	8371	Rob Walker	Highgate Harriers
1257	0:56:30	7820	Chris Reeh	Dorking & Mole Valley AC	1357	0:57:23	8901	Matthew Bouette	Mornington Chasers
1258	0:56:30	8942	Harrison Miles	Nene Valley Harriers	1358	0:57:24	9715	Paul Webster	Sparkhill Harriers
1259	0:56:31	9856	Daniel Foster	Stubbington Green Runners	1359	0:57:24	7686	David Burrell	Cleethorpes AC
1260	0:56:31	8968	David Wright	Newbury AC	1360	0:57:25	8772	Stuart Meiklejohn	London Heathside
1261	0:56:31	10367	Robert Carter	Winchester & District AC	1361	0:57:25	9839	David Smyth	Stratford Upon Avon AC
1262	0:56:33	9047	Steven Turvey	Northbrook AC	1362	0:57:26	9893	Kevin Woodward	Swinton RC
1263	0:56:33	8020	Alex Dowle	Fulham RC	1363	0:57:26	7554	Matthew Evans	Cheltenham & County Harrie
1264	0:56:33	8093	Gary Hunt	Great Western Runners	1364	0:57:27	10318	David Savage	West 4 Harriers
1265	0:56:34	8819	Gavin Thompson	Low Fell RC	1365	0:57:27	8752	Gavin Evans	London Heathside
1266	0:56:35	9244	Sam Sutherland	Queen's Park Harriers	1366	0:57:28	10135	Daniel Jordan	Trentham RC
1267	0:56:35	8091	Brendon Gould	Great Western Runners	1367	0:57:29	10425	James Toddington	Wolverhampton & Bilston
1268	0:56:37	7209	Daniel Rawson	Beeston AC	1368	0:57:29	8890	Alun Rodgers	Medway & Maidstone AC
1269	0:56:37	7284	Huw Jones	Birmingham Running Athletic	1369	0:57:29	9701	Daniel Fleming	Spa Striders
1270	0:56:38	8071	Matthew Gwilym	Gosforth Harriers & AC	1370	0:57:29	8707	Badar Al Raisi	London Frontrunners
1271	0:56:38	7639	Paul Bleach	City Of Portsmouth AC	1371	0:57:31	7315	Richard Byford	Blackheath & Bromley Harrie
1272	0:56:39	9733	Paul Broome	Springfield Striders	1372	0:57:32	9767	Robin Keat	St Albans Striders
1273	0:56:39	8780	Doug Rendle	London Heathside	1373	0:57:33	7933	Paul Evans	Elvet Striders
1274	0:56:40	8016	Charlie Chute	Fulham RC	1374	0:57:33	7084	Tim Raffle	Altrincham & District AC
1275	0:56:41	10350	Richard Cohen	Wimbledon Windmilers	1375	0:57:34	9761	Graham Foster	St Albans Striders
1276	0:56:41	7129	Mark Cottle	Barnet & District AC	1376	0:57:35	8464	John Platts	Invicta East Kent AC
1277	0:56:42	7753	James Moore	Croydon Harriers	1377	0:57:36	7434	Neil Jarvis	BRJ Run and Tri
1278	0:56:43	8405	Gary Cragg	Holme Pierrepont RC	1378	0:57:37	7130	Andrew Cunningham	Barnet & District AC
1279	0:56:43	7100	Kevin Meegan	Arena 80 AC	1379	0:57:38	7800	Chris Jordan	Derby AC
1280	0:56:43	8936	Jay Belham	Nene Valley Harriers	1380	0:57:38	8099	Isaac Griffiths	Greenwich Tritons Tri Club
1281	0:56:44	9132	Jason Witcombe	Orpington Road Runners	1381	0:57:38	10459	Kieran Gilfedder	Wycombe Phoenix Harriers 8
1282	0:56:44	9779	Marc Crehan	St Helens Sutton AC	1382	0:57:39	9327	Thomas Almond	Reigate Priory AC
1283	0:56:45	9011	Dean McLaughlin	North Derbyshire RC	1383	0:57:39	7145	James Sarner	Barnet & District AC
1284	0:56:46	9933	Andy Pigg	Telford Harriers	1384	0:57:40	10029	Keith Willett	Thurrock Harriers
1285	0:56:46	10418	Jason Corns	Wolverhampton & Bilston	1385	0:57:41	8251	Stewart Bond	Hercules Wimbledon AC
1286	0:56:46	7551	Steve Bradley	Cheltenham & County Harrie	1386	0:57:41	10307	Jim Clark	West 4 Harriers
1287	0:56:47	9248	Thomas Cameron	Ranelagh Harriers	1387	0:57:42	10263	Sai Nimalanathan	Watford Harriers
1288	0:56:47	8703	Andy Grey	London City AC	1388	0:57:43	9618	Christopher Morrison	Sinfin RC
1289	0:56:47	8331	Damien Bidaud	Highgate Harriers	1389	0:57:43	8786	Marcus Tillotson	London Heathside
1290	0:56:49	10396	William Ferguson	Wirral AC	1390	0:57:43	7819	Stuart Prentice	Dorking & Mole Valley AC
1291	0:56:50	7636	Mark Solway	City Of Norwich AC	1391	0:57:43	9027	Gregory Penn	North Shields Polytechnic Clu
1292	0:56:50	8732	Witold Woziak	London Frontrunners	1392	0:57:44	9323	Adrian Maidment	Redway Runners
1293	0:56:50	7987	Mark Wishart	Eye Community Runners	1393	0:57:45	9397	Barrie Day	Runnymede Runners
1294	0:56:51	7010	Christopher Wilson	26.2 RRC	1394	0:57:45	9176	Nathan Popple	Peterborough AC
1295	0:56:51	7177	Joseph Newcombe	Beckenham RC	1395	0:57:45	9632	Billy Casserley	South London Harriers
1296	0:56:51	7450	Robby Taylor	Buckingham & Stowe RC	1396	0:57:46	10169	David Daniels	Tyne Bridge Harriers
1297	0:56:51	8208	Gary Atkins	Havering AC	1397	0:57:46	7610	Nick Parrott	Chorlton Runners
1298	0:56:52	8259	Andrew Davies	Hercules Wimbledon AC	1398	0:57:46	8056	David Gresswell	Gloucester AC
1299	0:56:53	9061	Paul Smith	Norwich RR	1399	0:57:47	7109	Paul Moses	Ashford & District RRC
1300	0:56:53	7851	Eberhard Prill	Dulwich Runners AC	1400	0:57:48	8702	Chris Pedder	Liverpool Pembroke & Seftor

# Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1401	0:57:49	9289	Tom Antwhistle	Reading Roadrunners	1501	0:59:01	9806	Chris Guy	Steel City Striders
1402	0:57:49	8913	Nikolas Stephan	Mornington Chasers	1502	0:59:02	7108	Adrian Moody	Ashford & District RRC
1403	0:57:50	10304	Andy Bowen	West 4 Harriers	1503	0:59:02	7509	Graham Maynard	Cambridge Harriers
1404	0:57:51	9524	Matthew Hearne	Serpentine RC	1504	0:59:02	10089	John Ridge	Tonbridge AC
1405	0:57:53	7682	Paul Moran	Clapham Pioneers	1505	0:59:02	7448	Simon Hull	Buckingham & Stowe RC
1406	0:57:53	10023	Lewis Taylor	The Stragglers Running Club	1506	0:59:03	8289	Simon Woodley	Hercules Wimbleton AC
1407	0:57:55	9718	James Abrams	Sphinx AC	1507	0:59:04	7855	Ed Simmons	Dulwich Runners AC
1408	0:57:55	9243	Nicholas Stallman	Queen's Park Harriers	1508	0:59:05	9474	Paul Stevenson	Salford Metropolitan AC
1409	0:57:56	8420	John Ewart	Holmfirth Harriers AC	1509	0:59:05	7822	Gareth Stace	Dorking & Mole Valley AC
1410	0:57:57	9647	Paul Mitchell	South London Harriers	1510	0:59:05	10233	Tony Lashmar	Victoria Park H. & Tower Han
1411	0:57:57	8910	Philip Sellar	Mornington Chasers	1511	0:59:06	7621	Stephen Welch	Chorlton Runners
1412	0:57:58	7704	Jose Gonzalez	Coventry Godiva Harriers	1512	0:59:07	7757	Faisal Din	Cruisers RC
1413	0:57:58	9658	Michael Jones	South Shields Harriers & AC	1513	0:59:07	7833	David Norman	Dudley Kingswinford RC
1414	0:57:58	7135	Joe Gomes	Barnet & District AC	1514	0:59:07	10269	Sean Collum	Watford Joggers
1415	0:57:59	8729	James Stening	London Frontrunners	1515	0:59:07	10420	Kevin Koren	Wolverhampton & Bilston
1416	0:57:59	7112	Jonathan Wells	Ashford & District RRC	1516	0:59:08	7717	Peter Eccleston	Coventry Godiva Harriers
1417	0:58:00	8799	Dominic Ashton	Lordshill RR	1517	0:59:10	8010	Rob MacKenzie	Framlingham Flyers
1418	0:58:01	9512	James Edgar	Serpentine RC	1518	0:59:10	8952	Gareth Owens	Newark AC
1419	0:58:02	7750	Daniel Humble	Croydon Harriers	1519	0:59:12	9597	Ben Wilkinson	Sheffield RC
1420	0:58:04	7042	Mark Hyde	Aldershot Farnham & District	1520	0:59:12	9768	Errol Maginley	St Albans Striders
1421	0:58:05	7954	James Thomas	Epsom & Ewell Harriers	1521	0:59:14	8474	Derek George	Istead & Ifield Harriers
1422	0:58:05	10340	Ian Lambourn	White Horse Harriers	1522	0:59:14	7688	Mark Constantinou	Collingwood AC
1423	0:58:05	9296	Ian Giggs	Reading Roadrunners	1523	0:59:14	8206	Jason Wright	Hastings AC
1424	0:58:06	7946	Andrew Fay	Epsom & Ewell Harriers	1524	0:59:15	7823	Kevin Stroud	Dorking & Mole Valley AC
1425	0:58:06	9664	Miles Weston	South Shields Harriers & AC	1525	0:59:15	7407	Tomas Navickas	Brighton Phoenix
1426	0:58:10	8507	Stewart Underhill	Kenilworth Runners	1526	0:59:16	7419	Steven Grant	Bristol & West AC
1427	0:58:12	9879	Neil McAlpine	Sutton Runners	1527	0:59:16	9106	Daniel Timperley	Oldham & Royton Harriers &
1428	0:58:12	10167	Jason Clark	Tyne Bridge Harriers	1528	0:59:18	7204	James Isherwood	Beeston AC
1429	0:58:13	8726	Ashley Rudge	London Frontrunners	1529	0:59:19	8791	Trevor Wilson	London Heathside
1430	0:58:15	8156	Rob Frost	Halstead RR	1530	0:59:20	7698	John Donaldson	Corby AC
1431	0:58:16	9045	Ben Smith	Northbrook AC	1531	0:59:21	10179	Alex Le Gresley	University of Leicester R & At
1432	0:58:16	8178	Roger Montgomery	Harpenden Arrows	1532	0:59:21	7970	Daniel Hall	Eton Manor AC
1433	0:58:18	8841	Andrew Falconer	Manx Harriers	1533	0:59:22	8762	Jacob Howe	London Heathside
1434	0:58:19	9430	Ashley Lindsey	Sale Harriers Manchester	1534	0:59:23	9372	Iain MacKie	Royal Sutton Coldfield AC
1435	0:58:19	7809	Chris Lawson	Doncaster AC	1535	0:59:24	8593	Gregory Turner	Kingley & Dorridge RC
1436	0:58:19	7512	Christian Poulton	Cambridge Harriers	1536	0:59:24	10239	Craig Obrien	Victoria Park H. & Tower Han
1437	0:58:20	10278	Alan Kennedy	Watford Joggers	1537	0:59:25	9116	Martin Reynolds	Orion Harriers
1438	0:58:21	8569	George Kingsley	Kings Heath RC	1538	0:59:25	7574	John Bullard	Chichester Runners & AC
1439	0:58:22	8075	Martin John Lloyd	Gosforth Harriers & AC	1539	0:59:26	10148	Neil Clark	Tunbridge Wells Harriers
1440	0:58:22	8039	Sean Bowen	Garden City Runners	1540	0:59:27	7435	Pete Newham	BRJ Run and Tri
1441	0:58:23	7733	Stacey Buche	Crawley Saints & Sinners Run	1541	0:59:27	10139	Simon Barnett	Tring RC
1442	0:58:24	7107	Scott Lynch	Ashford & District RRC	1542	0:59:28	7914	Michael Petersen	East Hull Harriers
1443	0:58:24	8515	Roger Beardsworth	Kent AC	1543	0:59:30	8402	Joseph Langham	Hinckley RC
1444	0:58:25	8796	Mark Lay	Long Eaton Running Club	1544	0:59:30	7618	Andrew Tongue	Chorlton Runners
1445	0:58:26	7241	Paul Collier	Bexley AC	1545	0:59:31	7261	Stephen Fry	Bingley Harriers & AC
1446	0:58:26	7903	Gary Matthews	East Cheshire Harriers & Tam	1546	0:59:32	7312	Timothy Ayres	Blackheath & Bromley Harrie
1447	0:58:27	10326	Andrew Carter	West Cheshire AC	1547	0:59:33	8503	Christopher Lyons	Kenilworth Runners
1448	0:58:27	7456	Mark Moore	Burnham Joggers	1548	0:59:33	7007	Martin Threakall	26.2 RRC
1449	0:58:27	8908	Ronan Hoare	Mornington Chasers	1549	0:59:33	9198	Andrew Morris	Orion Striders
1450	0:58:29	9852	Steve Cumes	Stubbington Green Runners	1550	0:59:34	7679	Graham Sutherland	Clapham Chasers
1451	0:58:31	7853	Ross Rook	Dulwich Runners AC	1551	0:59:34	8885	Robert Fursej	Medway & Maidstone AC
1452	0:58:31	8815	Neil Kavanagh	Low Fell RC	1552	0:59:35	7967	Owain Crispin	Eton Manor AC
1453	0:58:32	8411	Will Meredith	Holme Pierrepont RC	1553	0:59:36	8914	Matt Thomas	Mornington Chasers
1454	0:58:33	9399	John Gould	Runnymede Runners	1554	0:59:36	8014	Lawrence Burton	Fulham RC
1455	0:58:34	7166	Gareth Coyle	Beaumont RC	1555	0:59:37	8807	Benjamin M Tavendale	Lordshill RR
1456	0:58:34	7208	Geoff Pennington	Beeston AC	1556	0:59:39	8023	Danny Gordon	Fulham RC
1457	0:58:35	7919	Paul Wray	East Hull Harriers	1557	0:59:39	8082	Arthur Short	Grantham AC
1458	0:58:35	9535	Alastair Metcalf	Serpentine RC	1558	0:59:40	9346	Richard Garnett	Roadhogs Leicester AC
1459	0:58:36	10359	Norman Urquia	Wimbleton Windmilers	1559	0:59:41	9412	Andy Wardle	Rushcliffe AC
1460	0:58:37	8275	Mark Livingstone	Hercules Wimbleton AC	1560	0:59:41	9826	Steven Hughes	Stowmarket Striders
1461	0:58:38	8764	Benjamin Jenks	London Heathside	1561	0:59:41	10409	Joel Floyd	Witney Road Runners
1462	0:58:38	8878	Carl Dyke	Matlock AC	1562	0:59:42	10018	Mark Pattinson	The Stragglers Running Club
1463	0:58:38	8803	Mathew Pidgeon	Lordshill RR	1563	0:59:43	9187	Kevin Howarth	Petts Wood Runners
1464	0:58:39	7844	Grant Kennedy	Dulwich Runners AC	1564	0:59:43	7443	Matthew Henney	Bromsgrove & Redditch AC
1465	0:58:40	7115	Nick Cranston	Avon Valley Runners	1565	0:59:44	9673	Howard Long	Southampton AC
1466	0:58:41	8132	Alex Morgan	Halesowen AC	1566	0:59:44	9796	Spencer Holland	Stafford Harriers
1467	0:58:42	10205	Robert Cronshaw	Vegan Runners UK	1567	0:59:44	7841	Grzegorz Galezia	Dulwich Runners AC
1468	0:58:42	7913	Paul Nippres	East Hull Harriers	1568	0:59:47	8042	Paul Guy	Garden City Runners
1469	0:58:43	7127	Paul Carter	Barnet & District AC	1569	0:59:48	10271	Ben Cope	Watford Joggers
1470	0:58:44	10413	Stephen Tait	Woking AC	1570	0:59:49	7702	Scott Magee	Corby AC
1471	0:58:44	9684	Mark West	Southampton AC	1571	0:59:51	9247	Marcus Atkins	Ranelagh Harriers
1472	0:58:45	10485	Richard Tarrega	York Knavesmire Harriers	1572	0:59:52	7517	Jon Blunt	Canterbury Harriers
1473	0:58:46	7222	Will Johnson	Belgrave Harriers	1573	0:59:53	8602	Paolo Foglino	Leamington C & AC
1474	0:58:46	8238	Thomas Andrew Bell	Heaton Harriers	1574	0:59:53	9009	Richard Corker	North Derbyshire RC
1475	0:58:47	9628	Steven Howes	Solihull & Small Heath AC	1575	0:59:54	9283	Duncan Prior	Reading AC
1476	0:58:47	9505	Francesco Ciocca	Serpentine RC	1576	0:59:55	7571	Jason Boswell	Chichester Runners & AC
1477	0:58:49	10416	Gary Howden	Wolds Veterans RC	1577	0:59:55	9706	Simon Hodges	Sparkhill Harriers
1478	0:58:49	7932	Geoff Davis	Elvet Striders	1578	0:59:56	9682	Steven Underwood	Southampton AC
1479	0:58:50	9663	Andrew Walker	South Shields Harriers & AC	1579	0:59:56	7163	Terry Wegg	Basingstoke & Mid Hants AC
1480	0:58:50	9053	Mark Garrett	Norwich RR	1580	0:59:57	7732	Gavin Newton	Crawley AC
1481	0:58:50	10279	Josh Marsh	Watford Joggers	1581	0:59:57	10352	James Hamilton	Wimbleton Windmilers
1482	0:58:51	10129	Douglas Alcock	Trentham RC	1582	0:59:58	9727	Craig Robinson	Sphinx AC
1483	0:58:52	7246	Martin Jenner	Bexley AC	1583	0:59:58	9052	Matthew Dawson	Norwich RR
1484	0:58:52	10063	Daniel Crush	Tonbridge AC	1584	0:59:59	7817	Robert McCaffrey	Dorking & Mole Valley AC
1485	0:58:52	9593	Christopher Johnson	Sheffield RC	1585	0:59:59	8551	Ross Brown	Kettering Town Harriers
1486	0:58:52	7298	Nicholas Newby	Birtley AC	1586	1:00:00	8187	Nathan Smith	Harrogate Harriers & AC
1487	0:58:52	10374	David Vossler	Winchester & District AC	1587	1:00:00	7867	David Durden	Dursley Running Club
1488	0:58:52	10075	Ross Kinloch	Tonbridge AC	1588	1:00:01	9674	John MacInnes	Southampton AC
1489	0:58:53	9843	Jamie Hoppes	Striders Of Croydon	1589	1:00:02	8242	Michael Mallen	Heaton Harriers
1490	0:58:53	8488	Chris Lawrence	Jesmond Joggers	1590	1:00:02	10052	Tobin Bird	Tonbridge AC
1491	0:58:54	8068	Steve Boddy	Gosforth Harriers & AC	1591	1:00:02	9886	Simon Thornhill	Sutton Runners
1492	0:58:55	7923	Mark Moir	East London Runners	1592	1:00:03	10109	Eamonn Rivers	Totton RC
1493	0:58:56	10308	David Cobb	West 4 Harriers	1593	1:00:03	7892	Ian Leslie	Ealing Southall & Middlesex /
1494	0:58:57	7785	Paul Dawes	Dartford Harriers AC	1594	1:00:04	7294	David Francis	Birtley AC
1495	0:58:57	7097	David Gifford	Arena 80 AC	1595	1:00:05	8203	Andrew Edmonds	Hastings AC
1496	0:58:57	7778	Kevin Wilson	Darlington Harriers & AC	1596	1:00:05	9002	Mark Knight	Newquay & Par AC
1497	0:58:58	9378	Karl Cable	Royston Runners	1597	1:00:06	8678	Vernon Given	Lingfield RC
1498	0:58:58	9443	Peter Shipley	Sale Harriers Manchester	1598	1:00:07	8045	Tom Wackett	Garden City Runners
1499	0:58:59	10468	Ward Linney	Wye Valley Runners	1599	1:00:07	7645	Chris Scott	City Of Portsmouth AC
1500	0:59:00	9478	Scott Garrett	Saltwell Harriers	1600	1:00:07	9621	James Spray	Sinfin RC



# Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1601	1:00:07	9612	Dean Bethell	Sinfin RC	1701	1:01:20	9845	Krzysztof Klidzia	Striders Of Croydon
1602	1:00:07	7455	Derek Humphrey	Burnham Joggers	1702	1:01:21	10454	Stephen Gill	Wrekin Road Runners
1603	1:00:08	8709	Richard Bielby	London Frontrunners	1703	1:01:22	7301	John Chaplin	Blackburn Harriers
1604	1:00:09	8471	Andrew Archer	Istead & Ifield Harriers	1704	1:01:22	10283	Colin Taylor	Watford Joggers
1605	1:00:10	9188	Alan Niblock	Petts Wood Runners	1705	1:01:22	10110	Neil White	Totton RC
1606	1:00:11	7022	Robert Kerr	Alcester Running Club	1706	1:01:23	7814	Robert Gill	Dorking & Mole Valley AC
1607	1:00:11	9007	Stephen Rolfe	Norfolk Gazelles AC	1707	1:01:23	8945	Paul Parkin	Nene Valley Harriers
1608	1:00:11	7171	Mehul Vaitha	Beaumont RC	1708	1:01:25	10130	Simon Bryan	Trentham RC
1609	1:00:11	10170	Matt Davison	Tyne Bridge Harriers	1709	1:01:26	9790	Paul Ridley	St Neots Riverside Runners
1610	1:00:12	8369	Richard Stewart	Highgate Harriers	1710	1:01:26	8818	John Stephens	Low Fell RC
1611	1:00:12	7460	Peter Walker	Burnham Joggers	1711	1:01:26	9982	James Malcolm	Thames Valley Harriers
1612	1:00:13	7272	Steven Dyer	Birchfield Harriers	1712	1:01:26	8181	Nick Andralojc	Harrogate Harriers & AC
1613	1:00:14	8022	Adam Gibson	Fulham RC	1713	1:01:27	9392	Adrian White	Rugby & Northampton AC
1614	1:00:16	8547	Simon Neville	Keswick AC	1714	1:01:28	8724	James Relph	London Frontrunners
1615	1:00:17	9313	Bill Watson	Reading Roadrunners	1715	1:01:28	7201	David Bish	Beeston AC
1616	1:00:17	8900	Daniel Berry	Mornington Chasers	1716	1:01:29	9379	Robin Chapple	Royston Runners
1617	1:00:18	7873	Cam Easton	Ealing Eagles RC	1717	1:01:29	9726	Colin Piper	Sphinx AC
1618	1:00:20	10453	Brian Stevens	Wreake Runners	1718	1:01:30	8583	Kevin Longmate	Kirkstall Harriers
1619	1:00:21	10176	Steven Ellis	University of Leicester R & AC	1719	1:01:31	7584	Gary Williams	Chichester Runners & AC
1620	1:00:22	10173	John Tollitt	Tyne Bridge Harriers	1720	1:01:32	8479	Malcolm Leece	Jarrow & Hebburn AC
1621	1:00:26	8490	Simon Wells	Jesmond Joggers	1721	1:01:32	7060	Richard Deeley	Aldridge RC
1622	1:00:27	8008	Lee Barber	Framlingham Flyers	1722	1:01:35	9555	Christian Tighe	Serpentine RC
1623	1:00:27	7174	Steven Daley	Beckenham RC	1723	1:01:38	8462	Steven Weston	Ilkley Harriers AC
1624	1:00:29	7741	Neil Aikman	Croydon Harriers	1724	1:01:39	7710	Martyn Brunt	Coventry Godiva Harriers
1625	1:00:29	7526	Andy Phillips	Canterbury Harriers	1725	1:01:40	8565	David Hagan	Kings Heath RC
1626	1:00:31	9479	Peter Mullarkey	Saltwell Harriers	1726	1:01:40	8065	Conroy Barnett	Good Gym
1627	1:00:34	8581	Gary Fisher	Kirkby Milers AC	1727	1:01:41	8011	Kenneth Tovell	Framlingham Flyers
1628	1:00:35	8428	Keelan Serjeant	Holmfirth Harriers AC	1728	1:01:41	7146	Rob Scott	Barnet & District AC
1629	1:00:35	9801	Andy Buck	Steel City Striders	1729	1:01:43	7090	Scott Huntley	Amphill & Flitwick Flyers RC
1630	1:00:36	9578	David Greenstein	Shaftesbury Barnet Harriers	1730	1:01:44	7660	Nigel Cutts	Clapham Chasers
1631	1:00:37	7807	Matthew Curtis	Desford Striders	1731	1:01:46	9407	Jonathan Maston	Rushcliffe AC
1632	1:00:37	7996	Simon Coffey	Folkestone RC	1732	1:01:47	9712	Dave Pearson	Sparkhill Harriers
1633	1:00:39	9780	Barry Graney	St Helens Sutton AC	1733	1:01:47	8475	Darren Harger	Istead & Ifield Harriers
1634	1:00:39	7909	Tim Groves	East Hull Harriers	1734	1:01:48	8239	Robert Brown	Heaton Harriers
1635	1:00:40	8076	Michael Lomax	Gosforth Harriers & AC	1735	1:01:48	9234	Michael Thompson	Quakers RC
1636	1:00:40	10256	Michael Skeldon	Wallsend Harriers & AC	1736	1:01:49	9844	Darren Jackson	Striders Of Croydon
1637	1:00:41	9994	Paul Woodgate	Thames Valley Harriers	1737	1:01:49	8563	Martin Hunt	Kimberworth Striders
1638	1:00:41	10162	Geoff Turner	Tunbridge Wells Harriers	1738	1:01:49	7934	Dave Gibson	Elvet Striders
1639	1:00:41	10383	Dereech Green	Windsor Slough Eton & Houn	1739	1:01:49	7615	Ian Sharpe	Chorlton Runners
1640	1:00:41	9193	Stephen Robson	Petts Wood Runners	1740	1:01:50	7101	Tristan Sharp	Arena 80 AC
1641	1:00:42	10184	Matthew Insley	Vale Of Aylesbury AC	1741	1:01:50	9184	Marcus Elwes	Petts Wood Runners
1642	1:00:43	8098	Scott Fenwick	Greenwich Tritons Tri Club	1742	1:01:50	9295	Alan Freer	Reading Roadrunners
1643	1:00:44	8711	Patrick Cahill	London Frontrunners	1743	1:01:52	7789	Jon Ives	Dartford Harriers AC
1644	1:00:44	8589	Max Gimson	Knowle & Dorridge RC	1744	1:01:53	7383	Dave Powner	Bournville Harriers
1645	1:00:44	8706	Dominic Addison	London Frontrunners	1745	1:01:55	7245	Jon Hunter	Bxley AC
1646	1:00:45	9127	Paul O'Grady	Orpington Road Runners	1746	1:01:55	8061	Ian Summers	Gloucester AC
1647	1:00:45	8407	Steven Eatherington	Holme Pierrepont RC	1747	1:01:56	10298	Martin Stevens	Werrington Joggers
1648	1:00:46	8419	Louis Cromwell	Holmfirth Harriers AC	1748	1:01:57	7968	Dave Daugirda	Eton Manor AC
1649	1:00:46	8163	David MacLean	Harborough AC	1749	1:01:58	7001	Joe Chang	26.2 RRC
1650	1:00:47	9703	Tahir Akhtar	Sparkhill Harriers	1750	1:01:59	9967	Richard Bell	Thames Valley Harriers
1651	1:00:48	8946	Andrew Robson	Nene Valley Harriers	1751	1:01:59	7489	Charlie Ritchie	Cambridge & Coleridge
1652	1:00:49	9656	Paul Doxford	South Shields Harriers & AC	1752	1:02:00	8133	Bill Nock	Halesowen AC
1653	1:00:49	8414	John Sutherns	Holme Pierrepont RC	1753	1:02:01	8637	John Howarth	Leigh Harriers & AC
1654	1:00:50	7972	James Howlett	Eton Manor AC	1754	1:02:02	7058	Brett Antill	Aldridge RC
1655	1:00:50	7840	Mark Foster	Dulwich Runners AC	1755	1:02:02	9728	Paul Slatford	Sphinx AC
1656	1:00:50	7388	Daniel Wilson	Bournville Harriers	1756	1:02:03	9976	Richard Hooley	Thames Valley Harriers
1657	1:00:51	9853	Mark Eaton	Stubbington Green Runners	1757	1:02:04	9793	Michael Dobson	Stafford Harriers
1658	1:00:51	10313	David Larkham	West 4 Harriers	1758	1:02:04	8760	Nick Haward	London Heathside
1659	1:00:52	10483	Philip Richardson	York Knavesmire Harriers	1759	1:02:05	10131	Adrian Frost	Trentham RC
1660	1:00:52	8746	Pete Crockford	London Heathside	1760	1:02:06	7752	Mark Maginn	Croydon Harriers
1661	1:00:52	10136	Terry Wall	Trentham RC	1761	1:02:07	7011	Jon Bones	Abingdon AC
1662	1:00:52	8219	Steve Walker	Havering AC	1762	1:02:08	8500	Barry Elkington	Kenilworth Runners
1663	1:00:52	7868	Jeremy Bonnaud	Ealing Eagles RC	1763	1:02:10	9321	Martyn Douglas	Redway Runners
1664	1:00:53	7832	Mark Homer	Dudley Kingswinford RC	1764	1:02:11	8553	Andrew Clawson	Kettering Town Harriers
1665	1:00:53	10101	Andrew Wood	Tonbridge AC	1765	1:02:12	9609	Michael Spencer	Silson Joggers AC
1666	1:00:53	8567	Dave Johnson	Kings Heath RC	1766	1:02:13	9660	Jeff McGurty	South Shields Harriers & AC
1667	1:00:54	7736	Tim Winkley	Crawley Saints & Sinners Run	1767	1:02:13	9508	Roger Corbett	Serpentine RC
1668	1:00:54	8089	Philip Chan	Great Western Runners	1768	1:02:13	10090	Adam Roeder	Tonbridge AC
1669	1:00:55	9759	Paul Durbin	St Albans Striders	1769	1:02:14	8554	Ian Hearne	Kettering Town Harriers
1670	1:00:57	9716	Stephen Victor Hunt	Spenborough & District AC	1770	1:02:14	7737	Neil Fowler	Crewe & Nantwich AC
1671	1:00:57	10025	Martin Vivian	The Stragglers Running Club	1771	1:02:16	8269	Charles Hampden-Smith	Hercules Wimbledon AC
1672	1:00:58	9062	Paul Sullivan	Norwich RR	1772	1:02:17	7041	Andrew Hislop	Aldershot Farnham & District
1673	1:00:58	8594	Tadie Abeki	Knowsley Harriers	1773	1:02:19	7715	Brent Davis	Coventry Godiva Harriers
1674	1:00:59	9625	Jason Stainton	Skegness & District Running C	1774	1:02:21	9614	Brendan Devlin	Sinfin RC
1675	1:01:01	8029	Stephen McLeod	Fulham RC	1775	1:02:22	8467	Stephen Hicks	Ipswich Harriers
1676	1:01:01	10314	Shaun Melvin	West 4 Harriers	1776	1:02:25	7291	Andy Piddington	Birmingham Running Athletic
1677	1:01:02	7004	David Pimm	26.2 RRC	1777	1:02:28	7794	Stewart O' Toole	Dartford RR
1678	1:01:03	9629	Paul Lloyd	Solihull & Small Heath AC	1778	1:02:28	10156	Ben Muir	Tunbridge Wells Harriers
1679	1:01:04	8254	Thomas Cheetham	Hercules Wimbledon AC	1779	1:02:30	8723	Martin Oldham	London Frontrunners
1680	1:01:04	8636	Andrew Howarth	Leigh Harriers & AC	1780	1:02:30	10208	Victor Limachi	Vegan Runners UK
1681	1:01:05	8557	Steven Sinnott	Kettering Town Harriers	1781	1:02:30	7498	Clem Dixon	Cambridge Harriers
1682	1:01:06	8476	Andrew Longhurst	Istead & Ifield Harriers	1782	1:02:31	10411	James Gamble	Woking AC
1683	1:01:06	9353	Mark Walker	Rochdale Harriers & AC	1783	1:02:31	7132	Peter Ellis	Barnet & District AC
1684	1:01:07	8820	Danny Wade	Low Fell RC	1784	1:02:33	9034	Tommy Dempsey	Northbrook AC
1685	1:01:08	9087	Peter Robinson	Notts AC	1785	1:02:33	7473	Ben Chamberlain	Cambridge & Coleridge
1686	1:01:09	9917	Mark Ison	Team Derby Runner	1786	1:02:34	9711	Edward O'Neill	Sparkhill Harriers
1687	1:01:10	10419	Alex Herron	Wolverhampton & Bilston	1787	1:02:35	10261	Adrian Harwood	Watford Harriers
1688	1:01:10	9818	Martin Fallon	Stopsley Striders	1788	1:02:35	7815	Richard Grassly	Dorking & Mole Valley AC
1689	1:01:10	7911	Kris Hopkins	East Hull Harriers	1789	1:02:35	10324	Christopher Twisleton	West 4 Harriers
1690	1:01:10	7495	Alan Black	Cambridge Harriers	1790	1:02:36	8158	Peter Attenborough	Harborough AC
1691	1:01:12	9631	Barry Attwell	South London Harriers	1791	1:02:36	8679	Ian Greenaway	Lingfield RC
1692	1:01:12	8638	Dave Pollitt	Leigh Harriers & AC	1792	1:02:37	7916	Graeme Smith	East Hull Harriers
1693	1:01:13	9802	Nick Burns	Steel City Striders	1793	1:02:38	8080	Kevin Thomas	Gosforth Harriers & AC
1694	1:01:16	8393	David Smith	Hillingdon AC	1794	1:02:38	8964	Andrew Tuttle	Newbury AC
1695	1:01:16	7977	Rob Sommerville	Eton Manor AC	1795	1:02:40	10292	Andrew Redden	Wellingborough & District AC
1696	1:01:16	7363	Mark Cochran	Bourne Town Harriers	1796	1:02:40	8363	James Rossiter	Highgate Harriers
1697	1:01:18	10321	Adrian Smith	West 4 Harriers	1797	1:02:42	8224	Joe D'Angelo	Headington RR
1698	1:01:18	9811	Ian Stinson	Steel City Striders	1798	1:02:42	9817	Pat Blessing	Stopsley Striders
1699	1:01:19	9509	Richard Craig-McFeely	Serpentine RC	1799	1:02:44	7098	Paul Hebden	Arena 80 AC
1700	1:01:19	9012	Stephen Moss	North Derbyshire RC	1800	1:02:45	9857	Peter Kay	Stubbington Green Runners

# Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1801	1:02:46	7597	Paul Brown	Chorlton Runners	1901	1:04:34	9351	John Mayall	Rochdale Harriers & AC
1802	1:02:47	7159	Michael Hickey	Basingstoke & Mid Hants AC	1902	1:04:35	9838	Michael Sheppard	Stratford Upon Avon AC
1803	1:02:48	10311	Duncan Grassie	West 4 Harriers	1903	1:04:36	9805	Martin Greenough	Steel City Striders
1804	1:02:48	8066	Tom Benson	Good Gym	1904	1:04:36	8769	Marco Maserati	London Heathside
1805	1:02:51	9608	Kevin Reboul	Silson Joggers AC	1905	1:04:38	8392	Martin Searle	Hillingdon AC
1806	1:02:52	10133	John Guest	Trentham RC	1906	1:04:40	8573	Thomas Skidmore	Kings Heath RC
1807	1:02:53	9596	Andrew Pickard	Sheffield RC	1907	1:04:41	9390	John Saw	Rugby & Northampton AC
1808	1:02:53	9401	Graeme Wellard	Runnymede Runners	1908	1:04:41	7068	Mark O'Rourke	Aldridge RC
1809	1:02:57	7993	Thomas Sauka	Fairlands Valley Spartans	1909	1:04:42	7319	Mark Ellison	Blackheath & Bromley Harrie
1810	1:02:57	9865	Allan McManus	Sunderland Harriers & AC	1910	1:04:42	8077	Richard McQuade	Gosforth Harriers & AC
1811	1:02:58	8378	Stuart Arundel	Hillingdon AC	1911	1:04:43	8448	Bruce Grimley	Huntingdonshire AC
1812	1:03:00	8216	Richard Rowe	Havering AC	1912	1:04:44	7236	Stephen Burton	Benfleet RC
1813	1:03:01	8722	Francis O'Callaghan	London Frontrunners	1913	1:04:44	10227	Joe Feltham	Victoria Park H. & Tower Han
1814	1:03:03	8053	Aaron Bennett	Gloucester AC	1914	1:04:45	9484	Bill Wilson	Saltwell Harriers
1815	1:03:04	10310	Kevin Gardner	West 4 Harriers	1915	1:04:45	9485	David Breslin	Sandhurst Joggers
1816	1:03:05	9615	Jonathan Evans	Sinfin RC	1916	1:04:45	7465	Stefan Ledin	Buxton AC
1817	1:03:06	10264	Kevin Twomey	Watford Harriers	1917	1:04:46	7242	Santos Diana	Bexley AC
1818	1:03:06	9600	Graham Conquest	Silson Joggers AC	1918	1:04:46	9602	Tom De Boer	Silson Joggers AC
1819	1:03:07	7531	Edmund Wallace	Centurion RC	1919	1:04:46	7745	Andrew Del Nevo	Croydon Harriers
1820	1:03:09	9707	Grahame Hygate	Sparkhill Harriers	1920	1:04:47	9238	Richard Byrne	Queen's Park Harriers
1821	1:03:09	9294	David Fiddes	Reading Roadrunners	1921	1:04:48	10058	Anthony Cohen	Tonbridge AC
1822	1:03:11	7525	Colin Kent	Canterbury Harriers	1922	1:04:49	7148	Matthew Sleeman	Barnet & District AC
1823	1:03:12	7606	Nick Jones	Chorlton Runners	1923	1:04:51	9398	Robin Evans	Runnymede Runners
1824	1:03:14	8180	Julian Tall	Harpندن Arrows	1924	1:04:52	7759	Simon Young	Cruisers RC
1825	1:03:14	7433	Chirag Godhania	BRJ Run and Tri	1925	1:04:53	9300	David Lennon	Reading Roadrunners
1826	1:03:15	9044	Craig Slyde	Northbrook AC	1926	1:04:54	9472	Mike Race	Salford Metropolitan AC
1827	1:03:16	8107	Andrew Baker	Guildford & Godalming AC	1927	1:04:54	7103	Christopher Boyce	Ashford & District RRC
1828	1:03:16	10049	Myles Wilson	Tipton Harriers	1928	1:04:54	10085	Richard Puxty	Tonbridge AC
1829	1:03:20	10293	Tom Roberts	Wellingborough & District AC	1929	1:04:54	9292	Colin Cottell	Reading Roadrunners
1830	1:03:21	7751	Matt Kiernan	Croydon Harriers	1930	1:04:55	7149	Chris Violet	Barnet & District AC
1831	1:03:24	7739	Darren Fairclough	Crook & Dist.Sports AC	1931	1:04:56	9128	Emerson Paul	Orpington Road Runners
1832	1:03:25	9979	Peter Keane	Thames Valley Harriers	1932	1:04:56	9858	Jon Leigh	Stubbington Green Runners
1833	1:03:26	7843	Duncan Hussey	Dulwich Runners AC	1933	1:04:56	9719	Barrie Adams	Sphinx AC
1834	1:03:26	7231	Robert Norman	Belper Harriers	1934	1:04:56	7922	Paul Marshall	East London Runners
1835	1:03:26	10421	Pritesh Patel	Wolverhampton & Bilston	1935	1:04:58	8134	Andrew Nock	Halesowen AC
1836	1:03:27	10186	Alan Roberts	Vale Of Aylesbury AC	1936	1:04:59	8570	Tim Knight	Kings Heath RC
1837	1:03:28	8822	Colin Lancaster	Ludlow Runners	1937	1:04:59	7266	Keith Boxley	Birchfield Harriers
1838	1:03:28	7775	Andrew Harrison	Darlington Harriers & AC	1938	1:05:00	9108	Stephen Bennett	Orion Harriers
1839	1:03:29	8708	Greg Arthur	London Frontrunners	1939	1:05:02	9883	Sujan Shrestha	Sutton Runners
1840	1:03:29	9411	Derk Van Der Wardt	Rushcliffe AC	1940	1:05:03	9373	Matt Powell	Royal Sutton Coldfield AC
1841	1:03:30	8704	Chris Raveney	London City AC	1941	1:05:05	7957	Nigel Bramley	Epsom Oddballs RC
1842	1:03:30	9553	Stephane Schneider	Serpentine RC	1942	1:05:06	9099	Mark Bailey	Nuneaton Harriers
1843	1:03:32	9252	William Griffin	Ranelagh Harriers	1943	1:05:08	9342	Matt Baker	Ripley Running Club
1844	1:03:33	8166	Martin Peel	Harborough AC	1944	1:05:10	9428	Ken James	Sale Harriers Manchester
1845	1:03:33	10105	Andrew Gates	Totton RC	1945	1:05:11	8325	Richard Bloom	Herts Phoenix AC
1846	1:03:34	7878	Thomas Martini	Ealing Eagles RC	1946	1:05:16	7057	Leigh Ally	Aldridge RC
1847	1:03:35	9101	Alan William Glaister	Nuneaton Harriers	1947	1:05:16	7126	David Byrne	Barnet & District AC
1848	1:03:35	8415	Steve Tupholme	Holme Pierrepont RC	1948	1:05:17	9606	David Morris	Silson Joggers AC
1849	1:03:36	7325	Richard Hall	Blackheath & Bromley Harrie	1949	1:05:18	7173	Gareth Wilkins	Beaumont RC
1850	1:03:37	8135	James Parker	Halesowen AC	1950	1:05:19	8660	Sean Westrope	Leighton Buzzard AC
1851	1:03:37	8520	Alan Curtis	Kent AC	1951	1:05:22	8470	Chris Servant	Ipswich Jaffa
1852	1:03:38	8006	John Aldred	Framlingham Flyers	1952	1:05:24	9196	Lee Hazelwood	Phoenix Striders
1853	1:03:39	8513	John Barron	Kent AC	1953	1:05:26	9932	Richard Palmer	Telford Harriers
1854	1:03:42	7346	Alan Baker	Blackwater Valley Runners	1954	1:05:30	9163	Gary Dean	Penistone Footpath Runners
1855	1:03:43	7875	Hein Gunnewicht	Ealing Eagles RC	1955	1:05:31	7076	Graham Harrison	Altrincham & District AC
1856	1:03:45	8226	Duncan Henning	Headington RR	1956	1:05:34	7082	Malcolm Orrell	Altrincham & District AC
1857	1:03:45	9235	David Todd	Quakers RC	1957	1:05:38	8168	Ian Southwell	Harborough AC
1858	1:03:46	8450	Jeff Mercer	Huntingdonshire AC	1958	1:05:42	9212	Ravinder Saini	Poole AC
1859	1:03:48	9404	Neil Emery	Rushcliffe AC	1959	1:05:44	7088	Ian Halpin	Amphill & Flitwick Flyers RC
1860	1:03:49	8001	Anthony Scott	Folkestone RC	1960	1:05:45	7326	Rod Harrington	Blackheath & Bromley Harrie
1861	1:03:49	9164	Rob Chalmers	Pensby Runners	1961	1:05:46	9708	Andrew Law	Sparkhill Harriers
1862	1:03:51	8186	Brian Miller	Harrogate Harriers & AC	1962	1:05:46	7826	Mark Judge	Dudley & Stourbridge Harrier
1863	1:03:54	9607	Richard Popiel	Silson Joggers AC	1963	1:05:50	8432	Kevin Yewlett	Holmfirth Harriers AC
1864	1:03:57	9414	Barry Taylor	Saffron Striders	1964	1:05:52	8558	Shane Smith	Kettering Town Harriers
1865	1:03:58	10002	Nick Brown	The Stragglers Running Club	1965	1:05:53	9236	Andrew Vernon	Quakers RC
1866	1:03:59	8159	William Clapp	Harborough AC	1966	1:05:55	7206	Mihail Mihaylov	Beeston AC
1867	1:04:01	7963	John Black	Eton Manor AC	1967	1:05:55	10117	David Birks	Trent Park RC
1868	1:04:03	7694	David Ridley	Cookham Running Club	1968	1:05:57	9531	Derry Lozano-Hoyland	Serpentine RC
1869	1:04:03	9944	Alun Johns	Thames Hare & Hounds	1969	1:05:58	8816	Jason Long	Low Fell RC
1870	1:04:04	10300	John Collier	Wesham RR	1970	1:05:59	7707	Nick Bennett	Coventry Godiva Harriers
1871	1:04:06	8125	Paul Lacey	Hadleigh Hares	1971	1:06:00	9076	Steven Leek	Notts AC
1872	1:04:07	9723	Wayne Broadbent	Sphinx AC	1972	1:06:02	9775	Richard Vaughan	St Albans Striders
1873	1:04:07	9039	Tom Miller	Northbrook AC	1973	1:06:04	8727	Eduardo Schmidt	London Frontrunners
1874	1:04:07	8949	Duane Tomaselli	Nene Valley Harriers	1974	1:06:05	10297	Andrew Rawlins	Werrington Joggers
1875	1:04:09	7579	Richard Miles	Chichester Runners & AC	1975	1:06:07	9489	Ian Watson	Sandhurst Joggers
1876	1:04:09	7760	Graeme Blair	Crystal Palace Triathletes	1976	1:06:08	8652	Chris Large	Leighton Buzzard AC
1877	1:04:11	8748	Nick Dodd	London Heathside	1977	1:06:12	7147	Graham Slater	Barnet & District AC
1878	1:04:11	7157	Tim Fowler	Basingstoke & Mid Hants AC	1978	1:06:14	9613	Simon Bray	Sinfin RC
1879	1:04:12	10424	Paul Tabor	Wolverhampton & Bilston	1979	1:06:15	7488	Ian Richardson	Cambridge & Coleridge
1880	1:04:13	9475	Darren Tyldesley	Salford Metropolitan AC	1980	1:06:16	8666	Simon MacHin	Lincoln Wellington AC
1881	1:04:16	10361	Peter Kingswell-Farr	Wimborne AC	1981	1:06:17	9194	Neal Clark	Phoenix Striders
1882	1:04:18	10309	Jason Drake	West 4 Harriers	1982	1:06:18	9031	Spencer Davies	Northbrook AC
1883	1:04:18	8805	Dean Powell	Lordshill RR	1983	1:06:19	9639	Peter Emery	South London Harriers
1884	1:04:18	8236	Scott Wigman	Heanor RC	1984	1:06:21	9210	Dave Hicks	Poole AC
1885	1:04:19	9622	Brian Warner	Sinfin RC	1985	1:06:21	10434	Alistair Holford	Woodford Green AC with Ess
1886	1:04:21	9109	Bill Bennett	Orion Harriers	1986	1:06:22	8977	Paul Wakefield	Newcastle Staffs AC
1887	1:04:23	8274	Gordon Lilly	Hercules Wimbledon AC	1987	1:06:22	7770	Peter Salmon	Dagenham 88 Runners
1888	1:04:24	9530	Sammy Li	Serpentine RC	1988	1:06:24	8409	Richard Jones	Holme Pierrepont RC
1889	1:04:24	8714	Neil Colquhoun	London Frontrunners	1989	1:06:26	8240	Chris Checkley	Heaton Harriers
1890	1:04:24	9552	Andrew Roberts	Serpentine RC	1990	1:06:28	9097	Allan Wilson	Notts AC
1891	1:04:26	7268	Christopher Collis	Birchfield Harriers	1991	1:06:30	8119	Brian O' Kane	Guildford & Godalming AC
1892	1:04:26	8674	Francis Ward	Lincoln Wellington AC	1992	1:06:31	10362	Robert Rawles	Wimborne AC
1893	1:04:27	7364	Phil Galpin	Bourne Town Harriers	1993	1:06:32	9876	Darko Calina	Sutton Runners
1894	1:04:28	9800	Keith Bell	Steel City Striders	1994	1:06:34	10161	Colin Timmins	Tunbridge Wells Harriers
1895	1:04:28	9008	Jonathan Ayres	North Derbyshire RC	1995	1:06:35	9808	Stuart Jones	Steele City Striders
1896	1:04:28	9725	Anthony O'Brien	Sphinx AC	1996	1:06:35	8847	Jeremy Woodham	Marple Runners
1897	1:04:31	7504	David Kitcher	Cambridge Harriers	1997	1:06:36	8396	Trevor Steeples	Hillingdon AC
1898	1:04:32	9655	Aaron Day	South Shields Harriers & AC	1998	1:06:37	9120	Michael Brockwell	Orpington Road Runners
1899	1:04:32	9734	Stephen Bugden	Springfield Striders	1999	1:06:38	9394	Matthew Ogg	Run Fast
1900	1:04:34	9752	Philip Watts	Springfield Striders	2000	1:06:38	9714	Andrew Wadsworth	Sparkhill Harriers

# Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
2001	1:06:41	9821	Paul Keech	Stopsley Striders	2101	1:08:54	7079	Jeff Norman	Altrincham & District AC
2002	1:06:42	7595	Tim Blackwell	Chorlton Runners	2102	1:08:54	9503	James Brown	Serpentine RC
2003	1:06:42	7502	Martin Hawkins	Cambridge Harriers	2103	1:08:56	10248	Derek McArdle	Wallasey AC
2004	1:06:45	9884	Andries Spies	Sutton Runners	2104	1:08:58	9026	Roger Mosedale	North Shields Polytechnic Clu
2005	1:06:46	9677	Richard Pearson	Southampton AC	2105	1:08:59	8560	Paul Young	Kettering Town Harriers
2006	1:06:47	10250	Joseph Collins	Wallsend Harriers & AC	2106	1:08:59	8972	Kevin Oakley	Newcastle Staffs AC
2007	1:06:47	9764	James Ingles	St Albans Striders	2107	1:09:01	9220	Alan Lewis	Poole Runners
2008	1:06:48	9114	Peter McHugh	Orion Harriers	2108	1:09:03	8682	Ian Watkins	Lingfield RC
2009	1:06:53	9360	James Gallacher	Rotherham Harriers & AC	2109	1:09:04	10195	Steve Dixon	Valley Striders AC
2010	1:06:55	7202	Richard Eadsforth	Beeston AC	2110	1:09:04	10108	David Pilbeam	Totton RC
2011	1:06:55	7816	Bruce Harrold	Dorking & Mole Valley AC	2111	1:09:07	9652	Matthew Saunders	South London Harriers
2012	1:06:56	7749	Oliver Hosken	Croydon Harriers	2112	1:09:09	10249	Paul Thelwell	Wallasey AC
2013	1:06:57	8434	Christopher Lee	Horsham Blue Star Harriers	2113	1:09:10	7366	Neil Taylor	Bourne Town Harriers
2014	1:06:59	9820	Richard Hardy	Stopsley Striders	2114	1:09:12	10086	Duncan Ralph	Tonbridge AC
2015	1:07:00	7278	Andrew Moseley	Birchfield Harriers	2115	1:09:12	9873	Anton Newell	Sutton In Ashfield Harriers &
2016	1:07:01	7793	Ian McGrath	Dartford RR	2116	1:09:13	7773	Wesley Atkins	Darlington Harriers & AC
2017	1:07:01	9732	Tim Brockington	Springfield Striders	2117	1:09:15	7276	Paul Maguire	Birchfield Harriers
2018	1:07:01	9799	Stephen Atkinson	Steel City Striders	2118	1:09:15	9290	Gary Brampton	Reading Roadrunners
2019	1:07:02	9685	John Withey	Southampton AC	2119	1:09:15	7496	Stephen Brown	Cambridge Harriers
2020	1:07:02	9316	Richard Morris	Redhill RR	2120	1:09:17	9809	Richard Adrian Pegg	Steel City Striders
2021	1:07:03	8814	Philip Halse	Low Fell RC	2121	1:09:18	9501	Declan Boothe-Brennan	Serpentine RC
2022	1:07:03	8423	Jason Haigh	Holmfirth Harriers AC	2122	1:09:18	7518	Steven Clark	Canterbury Harriers
2023	1:07:06	10020	Carl Pretorius	The Stragglers Running Club	2123	1:09:20	9751	Richard Rule	Springfield Striders
2024	1:07:09	8379	John Bignell	Hillingdon AC	2124	1:09:22	7956	Mike Barrett	Epsom Oddballs RC
2025	1:07:09	9973	David Ford	Thames Valley Harriers	2125	1:09:23	10428	Peter James Caton	Woodford Green AC with Ess
2026	1:07:11	9784	Raymond Vose	St Helens Sutton AC	2126	1:09:23	8677	David Chase	Lingfield RC
2027	1:07:13	10096	Richard Tosh	Tonbridge AC	2127	1:09:24	9880	Paul McFarlane	Sutton Runners
2028	1:07:13	7056	Kevin Adams	Aldridge RC	2128	1:09:26	7573	Tim Brown	Chichester Runners & AC
2029	1:07:14	7458	Sean Rooney	Burnham Joggers	2129	1:09:32	9201	Colin Wilkinson	Chichester Striders
2030	1:07:14	10217	Chris Brammer	Victoria Park H. & Tower Ham	2130	1:09:34	7211	John Walker	Beeston AC
2031	1:07:15	8591	Phillip Lindsey	Knowle & Dorridge RC	2131	1:09:35	8277	Tom Morris	Hercules Wimbledon AC
2032	1:07:15	10315	Thomas Newman	West 4 Harriers	2132	1:09:36	7263	Emyr Rees	Bingley Harriers & AC
2033	1:07:18	7788	Keith Hughes	Dartford Harriers AC	2133	1:09:37	9232	Graham Park	Quakers RC
2034	1:07:19	7680	Robert Jones	Clapham Pioneers	2134	1:09:39	7439	Philip Anderson	Bromsgrove & Redditch AC
2035	1:07:21	7591	Peter Adams	Chorlton Runners	2135	1:09:43	9881	Graham Miller	Sutton Runners
2036	1:07:25	9006	Dudley Garner	Norfolk Gazelles AC	2136	1:09:44	9840	Dave Wolstencroft	Stratford Upon Avon AC
2037	1:07:25	9424	Steven Gavin	Sale Harriers Manchester	2137	1:09:47	10126	Domenic Romanelli	Trent Park RC
2038	1:07:26	8782	Tim Sander	London Heathside	2138	1:09:48	7350	David Bradley	Blyth RC
2039	1:07:27	10040	Mick Hill	Tipton Harriers	2139	1:09:50	9023	Peter Atkinson	North Shields Polytechnic Clu
2040	1:07:30	10197	Ken Fox	Valley Striders AC	2140	1:09:50	9405	Martin Findlay	Rushcliffe AC
2041	1:07:31	9688	Mathew Gillard	Southend On Sea AC	2141	1:09:52	7986	James Constable	Eye Community Runners
2042	1:07:31	9030	Rob Cox	Northbrook AC	2142	1:09:58	9216	Paul Wilsher	Poole AC
2043	1:07:32	8044	Brad Smith	Garden City Runners	2143	1:09:59	7398	Andrew Mitchelson	Brighton & Hove AC
2044	1:07:32	10368	Steve Goodwin	Winchester & District AC	2144	1:10:06	9757	Richard Derrick	St Albans Striders
2045	1:07:33	9388	Adrian Reast	Rugby & Northampton AC	2145	1:10:10	10104	Peter Ellis	Totton RC
2046	1:07:33	7462	Mark Hedges	Burton AC	2146	1:10:12	7288	Martin Ludford	Birmingham Running Athletic
2047	1:07:34	9490	Paul Chapman	Scarborough AC	2147	1:10:14	10024	Joby Thomas	The Stragglers Running Club
2048	1:07:34	10005	Phil Davies	The Stragglers Running Club	2148	1:10:17	8083	John Crockford	Gravesend Road Runners
2049	1:07:35	9233	Phil Rutter	Quakers RC	2149	1:10:17	10218	Daniel Broadhead	Victoria Park H. & Tower Han
2050	1:07:39	8167	Graeme Rolfe	Harborough AC	2150	1:10:19	9315	Clive Greyson	Redhill RR
2051	1:07:40	7580	Michael Moorcroft	Chichester Runners & AC	2151	1:10:20	8170	Gary Wallis	Harborough AC
2052	1:07:42	7625	Dorian Matts	Cirencester AC	2152	1:10:24	8377	Curtis Allman	Hillingdon AC
2053	1:07:43	10229	Peter Frisby	Victoria Park H. & Tower Ham	2153	1:10:30	9018	John Spinks	North Herts RR
2054	1:07:43	10026	Simon Webb	The Stragglers Running Club	2154	1:10:40	9495	Andy Bain	Serpentine RC
2055	1:07:43	10001	Simon Brazil	The Stragglers Running Club	2155	1:10:42	8899	Gregory Bell	Mornington Chasers
2056	1:07:43	8705	Nick Sutcliffe	London City AC	2156	1:10:46	9038	Martin McHugh	Northbrook AC
2057	1:07:44	7043	Ian Jennings	Aldershot Farnham & District	2157	1:10:52	9738	Stuart Darney	Springfield Striders
2058	1:07:44	8234	Paul Mercer	Heanor RC	2158	1:10:55	7881	Paul Roberts	Ealing Eagles RC
2059	1:07:45	7134	Scott Fraser	Barnet & District AC	2159	1:10:56	7570	Thomas Blaylock	Chichester Runners & AC
2060	1:07:45	8793	Daniel Wrapson	London Heathside	2160	1:10:57	7061	Trevor Harris	Aldridge RC
2061	1:07:46	7845	Chris Loizou	Dulwich Runners AC	2161	1:11:11	7212	Donald Anderson	Belgrave Harriers
2062	1:07:47	10019	Stephen Penpraze	The Stragglers Running Club	2162	1:11:13	10360	Jason Hall	Wimborne AC
2063	1:07:51	7689	Keith Dunning	Collingwood AC	2163	1:11:17	8162	Martin Hughes	Harborough AC
2064	1:07:53	9624	Paul Wood	Sinfin RC	2164	1:11:19	10103	Robbie Barlow	Totton RC
2065	1:07:57	9533	Alex Malzer	Serpentine RC	2165	1:11:24	8017	Simon Clarkson	Fulham RC
2066	1:07:59	7847	Michael Mann	Dulwich Runners AC	2166	1:11:28	7924	Stuart Norris	East London Runners
2067	1:08:06	8129	Mark Higgins	Halesowen AC	2167	1:11:37	8906	Andrew Disley	Mornington Chasers
2068	1:08:07	10032	Andy Bentley	Tipton Harriers	2168	1:11:40	7898	Simon Turrell	Ealing Southall & Middlesex /
2069	1:08:08	9231	Luke Minall	Quakers RC	2169	1:11:43	8832	Michael Cunningham	Manchester Harriers & AC
2070	1:08:08	8092	John Hargreaves	Great Western Runners	2170	1:11:46	7692	Nick Budd	Congleton Harriers
2071	1:08:09	7777	Mark Tallon	Darlington Harriers & AC	2171	1:11:48	7251	Laurence Harrison	Billericay Striders
2072	1:08:11	9787	Steve Childerley	St Neots Riverside Runners	2172	1:11:49	7247	Kevin Winch	Buxley AC
2073	1:08:12	8683	David Watkins	Lingfield RC	2173	1:11:51	10123	Jeremy Newton	Trent Park RC
2074	1:08:15	9199	Martin Orford	Phoenix Striders	2174	1:11:56	7865	Geoff Watson	Durham City Harriers & AC
2075	1:08:16	7690	Martin Lloyd	Collingwood AC	2175	1:12:02	8452	Bradley Brown	Ilford AC
2076	1:08:17	7008	Richard Tomes	26.2 RRC	2176	1:12:02	9318	Mark Salter	Redhill RR
2077	1:08:19	7899	Philip York	Ealing Southall & Middlesex /	2177	1:12:04	7577	Mark Jennings	Chichester Runners & AC
2078	1:08:21	9054	Ally Hadden	Norwich RR	2178	1:12:04	8710	Christos Bitzis-Politis	London Frontrunners
2079	1:08:22	7772	David Aiken	Darlington Harriers & AC	2179	1:12:05	10016	Jonathan Parry	The Stragglers Running Club
2080	1:08:24	9657	Gary Dunlop	South Shields Harriers & AC	2180	1:12:06	9789	Lee Radley	St Neots Riverside Runners
2081	1:08:25	9774	Ben Scott	St Albans Striders	2181	1:12:08	10127	John Rose	Trent Park RC
2082	1:08:26	9721	Barry Allen	Sphinx AC	2182	1:12:10	9928	Stephen Davis	Telford Harriers
2083	1:08:27	8938	James Farrington	Nene Valley Harriers	2183	1:12:12	7064	Simon Hudson	Aldridge RC
2084	1:08:28	9851	Nick Crane	Stubbington Green Runners	2184	1:12:14	7449	Ian Icteton	Buckingham & Stowe RC
2085	1:08:29	8473	Tim Bell	Istead & Ifield Harriers	2185	1:12:15	9483	Richard Townsend	Saltwell Harriers
2086	1:08:30	8015	Rick Cannon	Fulham RC	2186	1:12:16	9165	Andie Gow	Buxley AC
2087	1:08:34	10472	Martin Kirby	York Acorn Running Club	2187	1:12:19	7902	Martin Lewis	East Cheshire Harriers & Tam
2088	1:08:35	7447	Derek Dutchburn	Broxbourne Runners	2188	1:12:27	8585	Kieran O'Brien	Kirkstall Harriers
2089	1:08:35	8574	Paul Ward	Kings Heath RC	2189	1:12:30	9049	Nathan Bailey	Norwich RR
2090	1:08:36	9032	John Davies	Northbrook AC	2190	1:12:31	9720	Imran Ali	Sphinx AC
2091	1:08:37	8659	Gary Stratford	Leighton Buzzard AC	2191	1:12:35	8973	Jon Ranford	Newcastle Staffs AC
2092	1:08:38	9481	Darren Smiley	Saltwell Harriers	2192	1:12:35	10212	Mike Tomkins	Vegan Runners UK
2093	1:08:40	7835	Robert Bell	Dulwich Runners AC	2193	1:12:37	9356	Kevin McGilvray	Rochdale Tri Club
2094	1:08:43	9182	Andrew Breese	Pettus Wood Runners	2194	1:12:45	10146	Sam Whiffen	Tring RC
2095	1:08:44	8823	Michael Smith	Lymm Runners	2195	1:12:47	9924	Nigel Tatton	Telford AC
2096	1:08:44	10317	Gary Robinson	West 4 Harriers	2196	1:12:52	9532	Peter MacKintosh	Serpentine RC
2097	1:08:48	8504	Craig Phillips	Kenilworth Runners	2197	1:12:53	9765	Michael Jack	St Albans Striders
2098	1:08:48	8902	Eamon Byrne	Mornington Chasers	2198	1:12:54	9742	Kevin Hopper	Springfield Striders
2099	1:08:49	8827	David Larkin	Macclesfield Harriers & AC	2199	1:12:54	9230	David Ledgerwood	Quakers RC
2100	1:08:51	9282	Gerard O'Driscoll	Reading AC	2200	1:12:56	8564	Michael Green	Kings Heath RC

## Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
2201	1:12:57	7384	Paul Samuels	Bournville Harriers	2301	1:21:37	9168	Nigel Pratten	Pensby Runners
2202	1:13:05	9068	Nicholas Clarke	Notts AC	2302	1:21:40	7527	David Thomas	Canterbury Harriers
2203	1:13:08	8084	Robin Heel	Gravesend Road Runners	2303	1:21:47	9204	Ross Taylor	Pitsea RC
2204	1:13:10	10157	Nick Pierce	Tunbridge Wells Harriers	2304	1:21:56	9058	Anthony Millett	Norwich RR
2205	1:13:10	9830	Robert Reason	Stowmarket Striders	2305	1:22:04	9837	Neil Musk	Stratford Upon Avon AC
2206	1:13:11	7234	Mark Riches	Belper Harriers	2306	1:22:27	8644	Nigel Chesterton	Leighton Buzzard AC
2207	1:13:11	10050	Edward Skinner	Tiptree RR	2307	1:22:33	8138	Jamie Sircom	Halesowen AC
2208	1:13:14	10319	Jon Scott-Francis	West 4 Harriers	2308	1:23:45	9189	John O'Toole	Petts Wood Runners
2209	1:13:15	9203	Paul Omer	Pitsea RC	2309	1:23:47	10417	William Ward	Wolds Veterans RC
2210	1:13:17	8909	Gary Homewood	Mornington Chasers	2310	1:24:47	7959	Ian Strong	Epsom Oddballs RC
2211	1:13:20	9836	Philip Marshall	Stratford Upon Avon AC	2311	1:25:06	9305	Peter Morris	Reading Roadrunners
2212	1:13:22	8550	Mark Brockway	Kettering Town Harriers	2312	1:25:29	8426	John Philpott	Holmfirth Harriers AC
2213	1:13:22	9349	Matthew Cox	Rochdale Harriers & AC	2313	1:26:02	7203	Paul Hartshorne	Beeston AC
2214	1:13:23	9302	Chris Manton	Reading Roadrunners	2314	1:26:29	9242	William O'Connor	Queen's Park Harriers
2215	1:13:27	9704	Charles Fentiman	Sparkhill Harriers	2315	1:28:10	8398	Alan Wells	Hillingdon AC
2216	1:13:32	8787	Ken Townson	London Heathside	2316	1:28:24	7849	Barrie Nichols	Dulwich Runners AC
2217	1:13:36	10143	Chris Nicholls	Tring RC	2317	1:28:35	9345	Brian Feldman	Roadhogs Leicester AC
2218	1:13:43	7167	Des Holmes	Beaumont RC	2318	1:29:02	9599	Tim Bentley	Shelton Striders
2219	1:13:46	9875	David Bates	Sutton Runners	2319	1:30:04	9200	Duncan Russell	Phoenix Striders
2220	1:13:53	8381	John Doyle	Hillingdon AC	2320	1:30:44	8498	Tom Dable	Kenilworth Runners
2221	1:14:00	9710	Kevin Morris	Sparkhill Harriers	2321	1:31:05	8918	Steven West	Mornington Chasers
2222	1:14:06	7984	Stephen Booth	Eye Community Runners	2322	1:32:30	7765	Ian Cummins	Dagenham 88 Runners
2223	1:14:10	7958	Peter Dry	Epsom Oddballs RC	2323	1:33:22	9476	Philip Askew	Saltwell Harriers
2224	1:14:16	9935	Chris Westwood	Telford Harriers	2324	1:36:32	9209	Peter Cornes	Poole AC
2225	1:14:22	9792	Roy Clay	Stafford Harriers	2325	1:38:46	10407	Jeff Hall	Witham Runners (Lincolnshir
2226	1:14:23	8836	Stephen Symons	Manchester Ymca Harriers	2326	1:40:38	8813	Alan Elders	Low Fell RC
2227	1:14:28	9339	Ryan Greer	Richmond & Zetland Harriers	2327	1:47:02	8246	George Routledge	Heaton Harriers
2228	1:14:32	9785	Ian White	St Helens Sutton AC	2328	1:47:08	9753	James Allen	St Albans Striders
2229	1:14:33	8601	Sagar Depala	Leamington C & AC					
2230	1:14:34	8572	Greg Robson	Kings Heath RC					
2231	1:14:51	9239	Richard Davies	Queen's Park Harriers					
2232	1:14:54	9309	Peter Reilly	Reading Roadrunners					
2233	1:14:56	8680	Scott McDonald	Lingfield RC					
2234	1:15:08	8441	Peter Ramsdale	Horwich RMI Harriers					
2235	1:15:10	7567	Kevin Batt	Chichester Runners & AC					
2236	1:15:13	8399	Graham Wood	Hillingdon AC					
2237	1:15:15	9788	Jeremy Hill	St Neots Riverside Runners					
2238	1:15:19	7066	David McHugh	Aldridge RC					
2239	1:15:24	9056	Richard High	Norwich RR					
2240	1:15:29	7528	Peter Yarlett	Canterbury Harriers					
2241	1:15:30	10107	Mike Mills	Totton RC					
2242	1:15:34	7292	David Sansom	Birmingham Running Athletic					
2243	1:15:42	9860	Gordon Westley	Stubbington Green Runners					
2244	1:15:55	7501	Peter Hadley	Cambridge Harriers					
2245	1:16:04	7718	Garry Flude	Coventry Godiva Harriers					
2246	1:16:08	9651	Steve Rigby	South London Harriers					
2247	1:16:09	7774	Richard Bowes	Darlington Harriers & AC					
2248	1:16:10	8795	Colin Bostock	Long Eaton Running Club					
2249	1:16:15	8556	Anthony Poncia	Kettering Town Harriers					
2250	1:16:21	10236	Frank Merrigan	Victoria Park H. & Tower Ham					
2251	1:16:26	10209	Alexander Malik	Vegan Runners UK					
2252	1:16:27	8104	Vernon Thomas	Greenwich Tritons Tri Club					
2253	1:16:28	8681	David Nottidge	Lingfield RC					
2254	1:16:28	9124	David Jenkins	Orpington Road Runners					
2255	1:16:34	8086	Matthew Jones	Great Bentley RC					
2256	1:16:44	7953	Michael Standage	Epsom & Ewell Harriers					
2257	1:16:48	8439	Daniel Mortimer	Horwich RMI Harriers					
2258	1:16:54	7743	Keith Brown	Croydon Harriers					
2259	1:17:03	7380	Kevin Peace	Bournville Harriers					
2260	1:17:05	8828	Mark Wheelton	Macclesfield Harriers & AC					
2261	1:17:11	9299	Brian Kirsopp	Reading Roadrunners					
2262	1:17:13	9797	Edwin Smith	Stafford Harriers					
2263	1:17:14	8160	Michael Donington	Harborough AC					
2264	1:17:15	9477	Neil Curry	Saltwell Harriers					
2265	1:17:20	9298	Peter Higgs	Reading Roadrunners					
2266	1:17:21	7611	Tony Payne	Chorlton Runners					
2267	1:17:21	7067	Philip Morris	Aldridge RC					
2268	1:17:25	10452	Richard Palmer	Wreake Runners					
2269	1:17:26	9869	Peter Richardson	Sunderland Harriers & AC					
2270	1:17:26	7997	Grahame Eke	Folkestone RC					
2271	1:17:29	7906	Anthony McGuinness	East Cheshire Harriers & Tam					
2272	1:17:31	7529	Adrian Lloyd	Centurion RC					
2273	1:17:34	7120	Richard Nerwman	Avon Valley Runners					
2274	1:17:39	10213	Bryan Urizar	Vegan Runners UK					
2275	1:17:41	7768	Michael Peggall	Dagenham 88 Runners					
2276	1:17:43	7935	Stephen Lumsdon	Elvet Striders					
2277	1:17:52	9934	Paul Ruscoe	Telford Harriers					
2278	1:17:56	8472	Jason Beaney	Istead & Ifield Harriers					
2279	1:18:06	7748	Norman Hemming	Croydon Harriers					
2280	1:18:09	8834	Stephen Ingham	Manchester Ymca Harriers					
2281	1:18:13	8773	Norman Mitchell	London Heathside					
2282	1:18:36	9782	Andrew O'Connor	St Helens Sutton AC					
2283	1:18:44	10285	James Hatch	Waverley Harriers					
2284	1:19:00	9205	John Tracey	Pitsea RC					
2285	1:19:14	7205	Michael Lord	Beeston AC					
2286	1:19:19	9133	Nicholas Hodgkinson	Otley AC					
2287	1:19:21	7565	Peter Anderson	Chichester Runners & AC					
2288	1:19:26	9320	Mark Webster	Redhill RR					
2289	1:19:41	7994	Paul Whyte	Fairlands Valley Spartans					
2290	1:19:43	7988	James Brown	Fairlands Valley Spartans					
2291	1:19:43	7992	Tim Robinson	Fairlands Valley Spartans					
2292	1:20:01	7985	Laurence Carty	Eye Community Runners					
2293	1:20:19	7978	Lance Tabraham	Eton Manor AC					
2294	1:20:50	7510	Mark Newell	Cambridge Harriers					
2295	1:21:01	10247	Mike Griffiths	Wallasey AC					
2296	1:21:10	7063	Lawrence Hewitt	Aldridge RC					
2297	1:21:13	7904	Martin McGann	East Cheshire Harriers & Tam					
2298	1:21:22	7550	Stephen Williams	Chelmsford AC					
2299	1:21:27	8058	Christopher O'Carroll	Gloucester AC					
2300	1:21:34	7766	Owen Daize	Dagenham 88 Runners					

# Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
<b>Team Results:</b>									
Pos	Points	Team / Club		Placings	Pos	Time	No	Name	Club
1	131	Tonbridge AC		( 5 14 18 26 33 35 )	85	5568	Birmingham Running Athletics &		( 596 626 643 658 1269 1776 )
2	291	Bristol & West AC		( 9 16 52 53 68 93 )	86	5680	Havering AC		( 211 729 954 1135 1297 1354 )
3	314	Aldershot Farnham & District		( 13 15 20 44 90 132 )	87	5734	Birchfield Harriers		( 373 553 934 1088 1174 1612 )
4	385	Highgate Harriers		( 2 25 40 89 105 124 )	88	5742	Mornington Chasers		( 374 828 991 1054 1170 1325 )
5	541	Cambridge & Coleridge		( 17 31 95 100 143 155 )	89	5797	Epsom & Ewell Harriers		( 516 520 584 1332 1421 1424 )
6	594	Shaftesbury Barnet Harriers		( 45 49 54 116 148 182 )	90	5862	Tunbridge Wells Harriers		( 477 894 964 1142 1186 1199 )
7	644	Serpentine RC		( 23 67 125 134 146 149 )	91	5968	Poole AC		( 10 333 530 1153 1958 1984 )
8	674	Hercules Wimbledon AC		( 61 75 85 138 142 173 )	92	5994	Sheffield RC		( 479 824 974 1110 1122 1485 )
9	685	Salford Harriers		( 50 51 60 104 108 312 )	93	5997	Striders Of Croydon		( 322 789 1119 1139 1311 1317 )
10	691	Sale Harriers Manchester		( 32 76 98 117 166 202 )	94	6013	Halesowen AC		( 542 800 984 1131 1247 1309 )
11	721	Morpeth Harriers & AC		( 8 41 43 128 217 284 )	95	6055	Northbrook AC		( 713 722 815 1224 1262 1319 )
12	740	Kent AC		( 3 74 92 135 184 252 )	96	6116	Ashford & District RRC		( 120 611 1128 1399 1416 1442 )
13	849	Thames Hare & Hounds		( 70 83 113 123 224 236 )	97	6122	Croydon Harriers		( 336 870 1023 1197 1277 1419 )
14	878	Leeds City AC		( 36 112 139 168 180 243 )	98	6129	Leigh Harriers & AC		( 205 389 410 1680 1692 1753 )
15	961	Hallamshire Harriers Sheffield		( 57 65 118 152 278 291 )	99	6156	Holme Pierrepont RC		( 719 850 864 1218 1227 1278 )
16	1103	Woodford Green AC with Essex L		( 21 121 131 250 264 316 )	100	6197	Tyne Bridge Harriers		( 192 705 867 1396 1428 1609 )
17	1103	Newham & Essex Beagles AC		( 29 63 103 220 313 375 )	101	6231	West 4 Harriers		( 446 776 1102 1157 1364 1386 )
18	1141	Cheltenham & County Harriers		( 62 97 183 246 266 287 )	102	6233	Waverley Harriers		( 260 471 902 1066 1251 2283 )
19	1181	Bedford & County AC		( 73 158 169 209 231 341 )	103	6243	Corby AC		( 592 635 922 994 1530 1570 )
20	1456	Herne Hill Harriers		( 7 222 289 300 306 332 )	104	6259	Rushcliffe AC		( 450 518 666 1335 1559 1731 )
21	1530	Marshall Milton Keynes AC		( 176 178 235 299 314 328 )	105	6344	Greenwich Tritons Tri Club		( 400 690 1048 1184 1380 1642 )
22	1560	Blackburn Harriers		( 27 48 101 153 492 739 )	106	6360	Clapham Pioneers		( 388 403 932 1198 1405 2034 )
23	1578	Victoria Park H. & Tower Hamlets		( 196 212 223 247 337 363 )	107	6387	Avon Valley Runners		( 172 593 876 1008 1465 2273 )
24	1607	Ranelagh Harriers		( 56 213 274 302 348 414 )	108	6391	Gosforth Harriers & AC		( 529 615 1225 1270 1313 1439 )
25	1634	Blackheath & Bromley Harriers		( 82 86 269 362 366 469 )	109	6617	Great Western Runners		( 484 693 1241 1264 1267 1668 )
26	2008	London Heathside		( 137 219 275 387 434 556 )	110	6749	Wimbledon Windmilers		( 636 708 1090 1275 1459 1581 )
27	2030	Southend On Sea AC		( 1 189 309 391 538 602 )	111	6764	Gloucester AC		( 772 799 874 1175 1398 1746 )
28	2092	Southampton AC		( 22 281 308 462 483 536 )	112	6936	Woking AC		( 838 856 917 1073 1470 1782 )
29	2123	Border Harriers & AC		( 38 66 265 398 581 775 )	113	7050	Arena 80 AC		( 564 742 1230 1279 1495 1740 )
30	2146	Medway & Maidstone AC		( 91 167 352 385 513 638 )	114	7061	London Frontrunners		( 1045 1136 1162 1215 1249 1254 )
31	2148	Windsor Slough Eton & Hounslow		( 140 203 208 378 590 629 )	115	7081	St Helens Sutton AC		( 110 1014 1016 1282 1633 2026 )
32	2164	Oxford City AC		( 144 199 293 326 598 604 )	116	7096	Trent Park RC		( 463 664 688 1177 1967 2137 )
33	2247	Notts AC		( 19 263 280 339 527 819 )	117	7105	Steel City Striders		( 254 710 1318 1501 1629 1693 )
34	2259	Rotherham Harriers & AC		( 179 221 241 245 603 770 )	118	7131	Beaumont RC		( 633 681 805 1455 1608 1949 )
35	2269	Clapham Chasers		( 165 234 365 427 498 580 )	119	7140	26.2 RRC		( 781 833 1007 1294 1548 1677 )
36	2275	Reading Roadrunners		( 78 240 329 404 608 616 )	120	7200	Stubbington Green Runners		( 761 997 1076 1259 1450 1657 )
37	2276	Thames Valley Harriers		( 59 69 392 534 551 671 )	121	7320	Harpندن Arrows		( 839 871 1040 1314 1432 1824 )
38	2416	Team Bath AC		( 305 353 369 420 457 512 )	122	7329	Tring RC		( 558 732 1097 1207 1541 2194 )
39	2442	Belgrave Harriers		( 72 122 421 544 610 673 )	123	7386	Telford Harriers		( 697 759 1284 1343 1350 1953 )
40	2454	Peterborough AC		( 130 277 343 454 585 665 )	124	7479	South London Harriers		( 730 1031 1222 1395 1410 1691 )
41	2480	Chorlton Runners		( 191 315 393 468 504 609 )	125	7482	Harrogate Harriers & AC		( 276 921 1125 1586 1712 1862 )
42	2511	City Of Norwich AC		( 24 317 372 397 478 923 )	126	7696	Sphinx AC		( 787 1034 1169 1407 1582 1717 )
43	2755	Dulwich Runners AC		( 288 307 351 425 620 764 )	127	7722	BRJ Run and Tri		( 901 996 1083 1377 1540 1825 )
44	2957	Barnet & District AC		( 39 190 384 497 899 948 )	128	7763	Sutton Runners		( 675 1047 1084 1427 1591 1939 )
45	3129	Basingstoke & Mid Hants AC		( 111 195 285 694 882 962 )	129	7978	Stowmarket Striders		( 829 831 1216 1337 1560 2205 )
46	3197	Tipton Harriers		( 84 151 206 402 526 1828 )	130	7994	Low Fell RC		( 641 1242 1265 1452 1684 1710 )
47	3203	Bournville Harriers		( 452 467 486 515 577 706 )	131	8191	Kings Heath RC		( 672 784 1438 1666 1725 1906 )
48	3204	York Knavesmire Harriers		( 197 382 514 660 691 760 )	132	8243	Orpington Road Runners		( 963 1075 1281 1347 1646 1931 )
49	3219	Coventry Godiva Harriers		( 109 136 292 367 1111 1204 )	133	8258	Norwich RR		( 979 1245 1299 1480 1583 1672 )
50	3230	Reading AC		( 119 185 232 361 758 1575 )	134	8377	Beeston AC		( 444 1268 1456 1528 1715 1966 )
51	3304	Cambridge Harriers		( 28 193 503 797 813 970 )	135	8422	Kettering Town Harriers		( 915 1148 1083 1375 1681 1825 )
52	3369	Newbury AC		( 129 290 377 613 749 1211 )	136	8578	North Shields Polytechnic Club		( 466 1134 1344 1391 2104 2139 )
53	3554	Oxford University AC		( 267 301 359 655 751 1221 )	137	8590	Harborough AC		( 422 1019 1649 1790 1844 1866 )
54	3685	Wirral AC		( 268 303 586 703 736 1089 )	138	8757	North Derbyshire RC		( 1065 1240 1283 1574 1700 1895 )
55	3775	Guildford & Godalming AC		( 71 282 537 905 937 1043 )	139	8771	Newcastle Staffs AC		( 570 753 1165 1986 2106 2191 )
56	3932	Charnwood AC		( 161 204 473 935 1072 1087 )	140	8892	Framlingham Flyers		( 873 1301 1517 1622 1727 1852 )
57	3949	Dartford Harriers AC		( 470 500 524 765 835 855 )	141	8904	Aldridge RC		( 1004 1195 1322 1721 1754 1908 )
58	3995	Eton Manor AC		( 381 490 579 714 884 947 )	142	8922	Petts Wood Runners		( 1046 1327 1563 1605 1640 1741 )
59	4021	Ealing Southall & Middlesex AC		( 249 294 745 791 913 1029 )	143	8941	Trentham RC		( 965 1366 1482 1661 1708 1759 )
60	4153	Kenilworth Runners		( 242 386 560 774 853 1338 )	144	8958	Garden City Runners		( 1117 1192 1440 1568 1598 2043 )
61	4197	Lordshill RR		( 541 566 627 646 872 945 )	145	9019	Wolverhampton & Bilston		( 1285 1330 1367 1515 1687 1835 )
62	4203	Leighton Buzzard AC		( 255 350 624 912 1018 1044 )	146	9034	Saltwell Harriers		( 925 977 1500 1626 1914 2092 )
63	4251	Altrincham & District AC		( 64 157 650 786 1220 1374 )	147	9059	South Shields Harriers & AC		( 1324 1413 1425 1479 1652 1766 )
64	4256	St Albans Striders		( 319 405 595 880 920 1137 )	148	9153	Sparkhill Harriers		( 1050 1358 1577 1650 1732 1786 )
65	4290	Hillingdon AC		( 210 545 709 717 908 1201 )	149	9217	Silson Joggers AC		( 810 1156 1765 1805 1818 1863 )
66	4346	Fulham RC		( 423 656 718 808 845 896 )	150	9656	Heaton Harriers		( 543 1474 1589 1734 1989 2327 )
67	4463	Wycombe Phoenix Harriers & AC		( 171 612 630 663 1006 1381 )	151	9733	Ealing Eagles RC		( 594 1617 1663 1846 1855 2158 )
68	4484	City Of Portsmouth AC		( 416 531 687 731 848 1271 )	152	9776	Stratford Upon Avon AC		( 840 1326 1361 1902 2136 2211 )
69	4564	Brighton & Hove AC		( 81 127 578 654 981 2143 )	153	10007	Queen's Park Harriers		( 868 1266 1408 1920 2231 2314 )
70	4569	Holmfirth Harriers AC		( 200 485 669 892 914 1409 )	154	10064	Sfinin RC		( 1388 1600 1601 1774 1816 1885 )
71	4586	Westbury Harriers		( 218 396 555 1022 1053 1342 )	155	10570	Quakers RC		( 895 1735 1857 1965 2049 2069 )
72	4768	Leamington C & AC		( 96 390 869 1096 1127 1190 )	156	10873	Phoenix Striders		( 1188 1549 1952 1981 2074 2129 )
73	4901	Winchester & District AC		( 94 622 825 1032 1067 1261 )	157	10903	Istead & Ifield Harriers		( 1521 1604 1682 1733 2085 2278 )
74	4981	East Hull Harriers		( 437 632 725 728 1002 1457 )	158	11156	Fairlands Valley Spartans		( 1231 1246 1809 2289 2290 2291 )
75	4982	Dorking & Mole Valley AC		( 248 661 667 911 1238 1257 )	159	11561	Totton RC		( 1592 1705 1845 2110 2145 2164 )
76	5022	The Stragglers Running Club		( 433 684 768 952 1092 1093 )	160	11683	Canterbury Harriers		( 1572 1625 1822 2122 2240 2302 )
77	5053	Watford Joggers		( 415 501 752 939 1009 1437 )	161	11847	Darlington Harriers & AC		( 1496 1838 2071 2079 2116 2247 )
78	5228	Wallsend Harriers & AC		( 395 528 606 844 1219 1636 )	162	11928	Lingfield RC		( 1597 1791 2073 2108 2126 2233 )
79	5238	Bexley AC		( 201 228 723 1158 1445 1483 )					
80	5279	Springfield Striders		( 320 563 820 1095 1209 1272 )					
81	5323	Nene Valley Harriers		( 80 738 795 1172 1258 1280 )					
82	5392	Chichester Runners & AC		( 188 358 696 1036 1538 1576 )					
83	5524	Orion Harriers		( 567 743 823 1106 1109 1176 )					
84	5565	Rugby & Northampton AC		( 87 757 890 959 1159 1713 )					