

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 Harriers	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 & B
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 Eglen	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	Salford Harriers
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	Harrigate 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	Kenilworth 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	Wallsend 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 Campion	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 Palser	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 Brotchie	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	Jonathon 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 Han	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 Sharp	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	Owls AC
490	0:48:52	7979	Chris Tait	Eton Manor AC	590	0:49:52	10382	Benjamin Findlay	Windsor Slough Eton & Houn
491	0:48:53	7485	Richard Park	Cambridge & Coleridge	591	0:49:53	8447	Tyrone Farrer	Huntingdonshire AC
492	0:48:54	7307	Mat Nuttall	Blackburn Harriers	592	0:49:54	7703	Luke Montgomery	Corby AC
493	0:48:54	10181	Gerard Garcia	University of Sheffield Union	593	0:49:55	7118	Joby Hobbs	Avon Valley Runners
494	0:48:55	8534	Tim Lawrence	Kent AC	594	0:49:56	7880	Jon Regan	Ealing Eagles RC
495	0:48:56	7321	Gareth Evans	Blackheath & Bromley Harrie	595	0:49:56	9776	George Withers	St Albans Striders
496	0:48:56	9951	Richard Ollington	Thames Hare & Hounds	596	0:49:57	7287	Nick Lewis	Birmingham Running Athletic
497	0:48:56	7124	Benjamin Boxer	Barnet & District AC	597	0:49:57	9005	Simon Williams	Newquay & Par AC
498	0:48:57	7668	Jack Leafe	Clapham Chasers	598	0:49:58	9153	Julian Richardson	Oxford City AC
499	0:48:57	9499	Nicholas Besson	Serpentine RC	599	0:49:59	9380	Matthew Cottiss	Royston Runners
500	0:48:58	7784	Alex Cameron	Dartford Harriers AC	600	0:50:00	8575	Michael Huntley	Kingston AC & Polytechnic Hi

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
601	0:50:00	9457	Michael Heaney	Salford Harriers	701	0:51:00	9258	Richard Kimber	Ranelagh Harriers
602	0:50:01	9694	Dominic Le Mare	Southend On Sea AC	702	0:51:00	10404	Stephen Spence	Wirral AC
603	0:50:02	9369	Gareth Sampson	Rotherham Harriers & AC	703	0:51:01	9434	Ben McIntyre	Sale Harriers Manchester
604	0:50:03	9152	Ed Nicholas	Oxford City AC	704	0:51:02	10171	John Hurse	Tyne Bridge Harriers
605	0:50:03	9226	Richard Smith	Preston Harriers	705	0:51:02	7373	Christopher Collins	Bourville Harriers
606	0:50:04	10253	Simon Lyon	Wallsend Harriers & AC	706	0:51:03	8327	Russell Ashford	Highgate Harriers
607	0:50:04	7461	Swee-leng Chuah	Burton AC	707	0:51:03	10349	Mark Bridges	Wimbledon Windmilers
608	0:50:04	9312	Andrew Smith	Reading Roadrunners	708	0:51:04	8385	Brett Hutchinson	Hillingdon AC
609	0:50:05	7607	Fraser MacDonald Oulds	Chorlton Runners	709	0:51:05	9803	Ronan Charlton	Steel City Striders
610	0:50:05	7226	Alex Mills	Belgrave Harriers	710	0:51:06	7609	Paul Molloy	Chorlton Runners
611	0:50:06	7110	Jon Pearce	Ashford & District RRC	711	0:51:06	8314	Gavern Newsum	Herne Hill Harriers
612	0:50:07	10457	George Eyles	Wycombe Phoenix Harriers &	712	0:51:08	9037	Andrew McConville	Northbrook AC
613	0:50:08	8960	Philip Marshall	Newbury AC	713	0:51:08	9439	Paul Rowley	Sale Harriers Manchester
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	0:51:09	8544	Thomas Thain	Kent AC
616	0:50:12	9303	David McCoy	Reading Roadrunners	716	0:51:09	8394	Mark Speight	Hillingdon AC
617	0:50:12	8341	Alex Davidson	Highgate Harriers	717	0:51:09	8028	Stewart McAndie	Fulham RC
618	0:50:12	8856	Stephen Herring	Marshall Milton Keynes AC	718	0:51:10	8416	Samuel Williams-Duncan	Holme Pierrepont RC
619	0:50:16	7803	Alun Lloyd Thomas	Derby AC	719	0:51:10	7237	Andrew Low	Benfleet RC
620	0:50:18	7842	Gregory Hills	Dulwich Runners AC	720	0:51:12	8879	Patrick Wright	Matlock AC
621	0:50:19	8268	David Grima	Hercules Wimbledon AC	721	0:51:13	9040	Liam Mills	Northbrook AC
622	0:50:19	10365	Sam Appleton	Winchester & District AC	722	0:51:14	7244	Jamie Higgins	Bexley AC
623	0:50:20	9450	Richard Brook	Salford Harriers	723	0:51:15	9513	David Evans	Serpentine RC
624	0:50:22	8651	Andrew Inchley	Leighton Buzzard AC	724	0:51:17	7910	Matthew Hayes	East Hull Harriers
625	0:50:22	8352	James Johnson	Highgate Harriers	725	0:51:18	8198	Declan Traynor	Harrow AC
626	0:50:23	7283	Steve Dunsby	Birmingham Running Athletic	726	0:51:19	8478	Jonathan Gilroy	Jarrow & Hebburn AC
627	0:50:23	8806	Patrick Stumpf	Lordshill RR	727	0:51:20	7908	David Green	East Hull Harriers
628	0:50:24	9311	Jamie Smith	Reading Roadrunners	728	0:51:20	8209	Matthew Bland	Havering AC
629	0:50:24	10381	Steve Fell	Windsor Slough Eton & Houn	729	0:51:20	9648	Gareth Parr	South London Harriers
630	0:50:24	10458	Frank Fulcher	Wycombe Phoenix Harriers &	730	0:51:21	7640	Robert Fryer	City Of Portsmouth AC
631	0:50:25	7982	Harry Mills	Exeter Harriers	731	0:51:21	10145	Matt Wade	Tring RC
632	0:50:25	7915	Nigel Sisson	East Hull Harriers	732	0:51:21	9901	Philip Roberts	Taunton AC
633	0:50:25	7165	Philip Chritchlow	Beaumont RC	733	0:51:22	8455	Malcolm Muir	Iford AC
634	0:50:25	8535	Peter Lighting	Kent AC	734	0:51:22	8759	Chris Hartley	London Heathside
635	0:50:25	7695	Jacob Akers	Corby AC	735	0:51:23	10398	John Heap	Wirral AC
636	0:50:26	10358	David Sharman	Wimbledon Windmilers	736	0:51:23	10182	Paolo Grazieschi	University of Warwick
637	0:50:27	9254	Mark Herbert	Ranelagh Harriers	737	0:51:24	8937	Michael Chapman	Nene Valley Harriers
638	0:50:28	8880	Harry Collins	Medway & Maidstone AC	738	0:51:24	7305	Paul Guinan	Blackburn Harriers
639	0:50:28	7049	Ashley Quinlan	Aldershot Farnham & District	739	0:51:25	8265	Stuart Fraser	Hercules Wimbledon AC
640	0:50:30	8522	Ian Ellwood	Kent AC	740	0:51:26	9900	James Heal	Taunton AC
641	0:50:30	8817	Stephen Magrath	Low Fell RC	741	0:51:27	7102	Del Wallace	Arena 80 AC
642	0:50:30	7802	Jonathon Owen	Derby AC	742	0:51:27	9110	Mark Dillon	Orion Harriers
643	0:50:31	7289	Jonathan Lundy	Birmingham Running Athletic	743	0:51:27	10057	Mark Coates	Tonbridge AC
644	0:50:32	9340	Tony Lambert	Richmond & Zetland Harriers	744	0:51:28	7891	Manish Kunwar	Ealing Southall & Middlesex /
645	0:50:34	9491	Gary Crompton	Scunthorpe & District AC	745	0:51:28	8742	Matthew Cockerill	London Heathside
646	0:50:34	8800	Peter J Boustred	Lordshill RR	746	0:51:28	9812	James Corden	Stockport Harriers & AC
647	0:50:35	8837	Jamie Beaman	Manx Harriers	747	0:51:29	7603	Jonathon Harris	Chorlton Runners
648	0:50:36	7264	Jack Thorp	Bingley Harriers & AC	748	0:51:29	7476	Alex Eggeman	Cambridge & Coleridge
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	9156	Chad Coomer	Oxford University AC
651	0:50:39	8754	Joe Garrood	London Heathside	751	0:51:30	10272	Craig Daniels	Watford Joggers
652	0:50:39	7549	Robin Tubbs	Chelmsford AC	752	0:51:31	8975	Tim Sharman	Newcastle Staffs AC
653	0:50:39	9304	Ashley Middlewidk	Reading Roadrunners	753	0:51:31	9507	Ian Cook	Serpentine RC
654	0:50:40	7394	David Benton	Brighton & Hove AC	754	0:51:32	7592	David Alderson	Chorlton Runners
655	0:50:40	9162	Joel Spratt	Oxford University AC	755	0:51:33	9222	Andrew Smith	Poole Runners
656	0:50:40	8038	John Wray	Fulham RC	756	0:51:33	9389	Nigel Roberts	Rugby & Northampton AC
657	0:50:41	8463	Adam McKenna	Invicta East Kent AC	757	0:51:33	9280	Arturo Martinez De Murguia	Reading AC
658	0:50:41	7286	Simon Lanckham	Birmingham Running Athletic	758	0:51:34	8062	James Walters	Gloucester AC
659	0:50:41	8590	Darren John	Knowle & Dorridge 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 Buchallet	Cambridge & Coleridge
667	0:50:44	8891	Barry Royden	Medway & Maidstone AC	767	0:51:38	10112	Simon O'Meara	Trafford AC
668	0:50:44	8425	Clark Hind	Holmfirth Harriers AC	768	0:51:38	10000	Paul Bowden	The Stragglers Running Club
669	0:50:44	7405	Donald MacLellan	Brighton Phoenix	769	0:51:39	8287	Robert Tuer	Hercules Wimbledon AC
670	0:50:45	9975	Daniel Garcia Rasines	Thames Valley Harriers	770	0:51:41	9359	Kyle Craib	Rotherham Harriers & AC
671	0:50:45	8568	Paul Jolliffe	Kings Heath RC	771	0:51:42	7406	Jonny McCormack	Brighton Phoenix
672	0:50:46	7224	Patrick McDougall	Belgrave Harriers	772	0:51:43	8055	Andrew De-Camps	Gloucester AC
673	0:50:47	9497	Simon Barrett	Serpentine RC	773	0:51:44	9522	Matthew Hardcastle	Serpentine RC
674	0:50:48	9887	David Williams	Sutton Runners	774	0:51:45	8494	Wayne Briggs	Kenilworth Runners
675	0:50:49	10061	Timothy Corby	Tonbridge AC	775	0:51:45	7358	Daniel Hornsby	Border Harriers & AC
676	0:50:50	7920	Thomas Grimes	East London Runners	776	0:51:46	10320	Matthew Sibbert	West 4 Harriers
677	0:50:50	8701	Kyle Nicholls	Liverpool Pembroke & Sefton	777	0:51:47	8317	Jonathan Ratcliffe	Herne Hill Harriers
678	0:50:51	9965	Mohamed Abdullahi-Binow	Thames Valley Harriers	778	0:51:48	8064	Graham Atkins	Good Gym
679	0:50:51	10466	Steven Flowers	Wye Valley Runners	779	0:51:48	7420	Anthony Hall	Bristol & West AC
680	0:50:52	7169	Tom Lee	Beaumont RC	780	0:51:48	8747	Sergio Di Noto	London Heathside
681	0:50:52	8293	Alex Percy	Hermitage Harriers	781	0:51:49	7003	Edward Francis	26.2 RRC
682	0:50:52	7864	Adam Walker	Durham City Harriers & AC	782	0:51:50	7481	Istvan Jacso	Cambridge & Coleridge
683	0:50:52	10488	Oliver Garner	The Stragglers Running Club	783	0:51:50	9921	Jesse Betts	Telford AC
684	0:50:52	9942	Richard Hewitt	Thames Hare & Hounds	784	0:51:51	8571	Tim Livesley	Kings Heath RC
685	0:50:53	10100	Henry Willis	Tonbridge AC	785	0:51:52	8205	Russ Keen	Hastings AC
686	0:50:53	7644	Adam O'Hara	City Of Portsmouth AC	786	0:51:53	7083	Roger Preece	Altrincham & District AC
687	0:50:53	10128	Adam Walker	Trent Park RC	787	0:51:53	9722	David Brewis	Sphinx AC
688	0:50:54	10051	Anthony Bennett	Tonbridge AC	788	0:51:53	7613	Christopher Rayner	Chorlton Runners
689	0:50:54	8102	Peter Reynolds	Greenwich Tritons Tri Club	789	0:51:54	9841	Andrew Aitken	Striders Of Croydon
690	0:50:55	10486	Robert Ward	York Knavesmire Harriers	790	0:51:54	9020	Mark Vaughan	North Herts RR
691	0:50:55	8794	Luke Wynne	London Heathside	791	0:51:54	8562	Kevin Doyle	Kimberworth Striders
692	0:50:56	8090	John Cox	Great Western Runners	792	0:51:54	7895	Nick Steel	Ealing Southall & Middlesex /
693	0:50:56	7161	Justyn Moore	Basingstoke & Mid Hants AC	793	0:51:54	8831	Daniel St Martin	Maidstone Harriers
694	0:50:56	7353	Joseph Woods	Blyth RC	794	0:51:56	7925	Billy Rayner	East London Runners
695	0:50:56	7581	Tom Pritchard	Chichester Runners & AC	795	0:51:56	8939	Lee Hartill	Nene Valley Harriers
696	0:50:57	9931	Paul O'Brian	Telford Harriers	796	0:51:57	8449	Rod McKee	Huntingdonshire AC
697	0:50:57	7048	Daniel Quinlan	Aldershot Farnham & District	797	0:52:00	7515	David Worden	Cambridge Harriers
698	0:50:57	10343	Robert Jackson	Wilmslow RC	798	0:52:00	8404	Tom Quaye	Hinckley AC
699	0:50:57	9225	Benjamin Read	Preston Harriers	799	0:52:03	8059	Owen Parry	Gloucester AC
700	0:50:59	7678	Paul Sterland	Clapham Chasers	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	9330	Max Olive	Reigate Priory AC	917	0:53:13	10415	Matthew Winn-Smith	Woking AC
818	0:52:16	8894	Neill Wright	Medway & Maidstone 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	Harpندن 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	Phillip 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 Pierreport 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 Coritanian AC	963	0:53:42	9119	Mark Ashcroft	Orpington Road Runners
864	0:52:42	8408	Eddie George	Holme Pierreport 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 Gaillemin	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	Harpندن 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	Neueaton Harriers
887	0:52:54	9700	Alex Waddelove	Southport Waterloo AC	987	0:53:57	8310	Sam Knight	Herne Hill Harriers
888	0:52:55	9538	Simon Morris	Serpentine RC	988	0:53:57	7545	Michael Bridgeland	Chelmsford AC
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 White	East Hull Harriers	1102	0:54:55	10303	Jack Bovey	West 4 Harriers
1003	0:54:01	9564	Philip 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 /
1008	0:54:03	7119	Gary MacAlister	Watford Joggers	1108	0:55:01	8491	Scott Bairstow	Keighley & Craven AC
1009	0:54:05	10280	Steve Norris	Dartford Harriers AC	1109	0:55:01	9111	Peter Fairlamb	Orion Harriers
1010	0:54:05	7783	Connor Burford	Tonbridge AC	1110	0:55:03	9595	Chris Moss	Sheffield RC
1011	0:54:05	10073	Stephen Keywood	Bournville Harriers	1111	0:55:04	7724	Jack Pegler	Coventry Godiva Harriers
1012	0:54:06	7381	Stuart Pearson	Ranelagh Harriers	1112	0:55:05	10392	Richard Bargh	Wirral AC
1013	0:54:06	9265	Vaughan Ramsay	St Helens Sutton AC	1113	0:55:05	7859	Jonathan Whittaker	Dulwich Runners AC
1014	0:54:07	9781	Jake Healy	St Helens Sutton AC	1114	0:55:06	10477	Rory Henderson	York Knavesmire Harriers
1015	0:54:08	9892	Stuart Tucker	Victoria Park H. & Tower Han	1115	0:55:07	8826	Robert Hasler	Macclesfield Harriers & AC
1016	0:54:08	9777	John Appleton	Leighton Buzzard AC	1116	0:55:08	7349	Patrick Lines	Blackwater Valley Runners
1017	0:54:08	10220	Richard Bryant	Harborough AC	1117	0:55:09	8040	Russell Casey	Garden City Runners
1018	0:54:08	8642	James Bell	Ranelagh Harriers	1118	0:55:10	7861	Nicholas Wood	Dulwich Runners AC
1019	0:54:09	8171	Tom Ward	Larkfield AC	1119	0:55:10	9847	Andy Perks	Striders Of Croydon
1020	0:54:09	9250	Peter Faull	Westbury Harriers	1120	0:55:11	8027	Nathaniel Hicks	Fulham RC
1021	0:54:09	8597	Stephen Throssell	Croydon Harriers	1121	0:55:12	10262	Stuart Ingham	Wirral Harriers
1022	0:54:10	10331	Chris Palmer	London Heathside	1122	0:55:12	9589	John Doherty	Sheffield RC
1023	0:54:10	7742	Glenn Barden	Larkfield AC	1123	0:55:13	9421	Elton Davies	Sale Harriers Manchester
1024	0:54:12	8779	Rajiv Ratan	Aldershot Farnham & District	1124	0:55:13	7389	Gareth Jones	Bracknell AC
1025	0:54:12	8595	Matthew Field	Blackwater Valley Runners	1125	0:55:13	8182	Richard Frostztega	Harrogate Harriers & AC
1026	0:54:12	7025	Richard Batchelor	Sale Harriers Manchester	1126	0:55:13	8445	Steven Johnson	Houghton Harriers & AC
1027	0:54:14	7348	Oscar-luis Fernandez	Ealing Southall & Middlesex /	1127	0:55:14	8600	Marc Curtis	Leamington C & AC
1028	0:54:14	9444	Matthew Spragg	Thames Valley Harriers	1128	0:55:15	7111	Julius Samson	Ashford & District RRC
1029	0:54:15	7890	Mark Kenncroft	South London Harriers	1129	0:55:15	7605	Stuart Holliday	Chorlton Runners
1030	0:54:15	9968	Greg Bennett	Winchester & District AC	1130	0:55:16	7734	Paul Luttmann	Crawley Saints & Sinners Run
1031	0:54:16	9650	Glenn Quarton	Medway & Maidstone AC	1131	0:55:16	8131	David Lewis	Halesowen AC
1032	0:54:16	10371	Andrew Parkinson	Sphinx AC	1132	0:55:17	10231	Scott Greenwood	Victoria Park H. & Tower Han
1033	0:54:16	8893	Gareth Williams	Serpentine RC	1133	0:55:18	9400	Michael Guy	Runnymede Runners
1034	0:54:17	9724	Allen El- Sour	Chichester Runners & AC	1134	0:55:18	9028	David Quinn	North Shields Polytechnic Clu
1035	0:54:18	9525	Theo Highland	Oldham & Royton Harriers &	1135	0:55:19	8210	Martin Chester	Haverling AC
1036	0:54:19	7575	Jim Garland	Thames Hare & Hounds	1136	0:55:19	8713	Tim Charters	London Frontrunners
1037	0:54:19	9104	Nathan Hilditch	Folkestone RC	1137	0:55:20	9754	Nigel Aston	St Albans Striders
1038	0:54:19	9957	Iain Sheridan	Harpenden Arrows	1138	0:55:20	8738	Keith Burrows	London Heathside
1039	0:54:19	8000	Andrew Noble	Serpentine RC	1139	0:55:20	9850	Darren Woods	Striders Of Croydon
1040	0:54:20	8179	Ammon Piegrass	Lincoln & District Runners	1140	0:55:21	8542	Len Reilly	Kent AC
1041	0:54:20	9554	Richard Taylor	Guildford & Godalming AC	1141	0:55:21	7228	Ted Oldman	Belgrave Harriers
1042	0:54:20	8663	Jonathan Hobbs	Leighton Buzzard AC	1142	0:55:22	10151	Dave Hadaway	Tunbridge Wells Harriers
1043	0:54:21	8112	Ben Gilmore	London Frontrunners	1143	0:55:23	9529	William Lake	Serpentine RC
1044	0:54:21	8657	Warren Rose	Pettus Wood Runners	1144	0:55:23	9889	Ian Cronshaw	Swinton AC
1045	0:54:21	8715	Rob Daly	Sutton Runners	1145	0:55:24	8108	Robin Boon	Guildford & Godalming AC
1046	0:54:22	9183	Kevin Chadwick	Greenwich Tritons Tri Club	1146	0:55:24	10400	Mark Hulmston	Wirral AC
1047	0:54:22	9878	Kevin Lewis	Clapham Chasers	1147	0:55:24	8647	Michael Furness	Leighton Buzzard AC
1048	0:54:22	8101	Tom Ralph	Sparkhill Harriers	1148	0:55:25	8549	Phil Brigden	Kettering Town Harriers
1049	0:54:23	7673	Sam Robinson	London Heathside	1149	0:55:25	9528	Henry Kemp	Serpentine RC
1050	0:54:23	9713	Darren Riley	University of Leicester R & AC	1150	0:55:26	9419	Craig Bradbury	Sale Harriers Manchester
1051	0:54:24	8771	Andrew McGeary	Westbury Harriers	1151	0:55:26	8483	Ger Mooney	Jersey Spartans AC
1052	0:54:24	10178	Joshua Hough	Mornington Chasers	1152	0:55:27	8120	Philip Pryke	Guildford & Godalming AC
1053	0:54:26	10333	Robin Phillips	Fulham RC	1153	0:55:27	9217	David Wood	Poole AC
1054	0:54:26	8912	Richard Silvertown	Royal Sutton Coldfield AC	1154	0:55:27	10296	Jeff Lucas	Werrington Joggers
1055	0:54:27	8019	Thomas Daley	Blackheath & Bromley Harrie	1155	0:55:27	8587	Jonathan Young	Kirkstall Harriers
1056	0:54:28	9374	Ashley Powell	Beckenham RC	1156	0:55:27	9601	James Darcy	Silson Joggers AC
1057	0:54:28	7337	Paul Sharpe	Kent AC	1157	0:55:28	10316	Martin Peck	West 4 Harriers
1058	0:54:29	7175	Tom Froggett	Southampton AC	1158	0:55:29	7240	Jonathan Armstrong	Bexley AC
1059	0:54:31	8529	Lee Haze	Fulham RC	1159	0:55:29	9382	Vincent Carroll	Rugby & Northampton AC
1060	0:54:31	9676	Peter Merritt	Herne Hill Harriers	1160	0:55:30	8403	Nick Moore	Hinckley RC
1061	0:54:31	8035	Andrew Stringer	Serpentine RC	1161	0:55:30	10478	Darren Hendley	York Knavesmire Harriers
1062	0:54:32	8298	Trevor Chilton	Tonbridge AC	1162	0:55:31	8716	Benjamin Dennis	London Frontrunners
1063	0:54:32	9565	Robert Whitmarsh	North Derbyshire RC	1163	0:55:32	9227	Chris Wales	Preston Harriers
1064	0:54:32	10078	Michael Mason	Waverley Harriers	1164	0:55:32	7929	Rich McAleer	Eastleigh RC
1065	0:54:33	9010	Gary Elkington	Winchester & District AC	1165	0:55:33	8978	Andrew Walker	Newcastle Staffs AC
1066	0:54:34	10286	Mark Hobbs	Bournville Harriers	1166	0:55:33	9959	Rory Spicer	Thames Hare & Hounds
1067	0:54:35	10372	Simon Tarrant	Team Bath AC	1167	0:55:34	9693	Alec Louis Kyriakides	Southend On Sea AC
1068	0:54:35	7377	Andrew Hoole	Tonbridge AC	1168	0:55:34	7179	Ed Osborne	Beckenham RC
1069	0:54:36	9906	Alex Copping	Sunderland Harriers & AC	1169	0:55:35	9730	Rob Wheatley	Sphinx AC
1070	0:54:37	10079	Matthias Meyer	Charnwood AC	1170	0:55:37	8915	Jonathan Thomson	Mornington Chasers
1071	0:54:37	9868	Paul Redman	Woking AC	1171	0:55:38	9494	Rhys Annett	Serpentine RC
1072	0:54:38	7534	Samuel Densham	Wirral AC	1172	0:55:38	8944	Luke Myers	Nene Valley Harriers
1073	0:54:38	10412	Juan Manuel Gonzalez	Team Bath AC	1173	0:55:38	10402	Daniel Morgan	Wirral AC
1074	0:54:38	9910	Tim Hill	Orpington Road Runners	1174	0:55:39	7271	Peter Dimpleby	Birchfield Harriers
1075	0:54:40	9122	Steve Georgiadis	Stubington Green Runners	1175	0:55:40	8057	Steven Haines	Gloucester AC
1076	0:54:40	9861	Mike White	Thames Valley Harriers	1176	0:55:41	9118	Tim Wright	Orion Harriers
1077	0:54:41	9985	Stephen Norris	Witham RC	1177	0:55:42	10122	Stephen Moss	Trent Park RC
1078	0:54:41	10405	Leo Cole	Bourne Town Harriers	1178	0:55:43	10265	Eamonn Twomey	Watford Harriers
1079	0:54:42	7365	Adam Swallow	Barnet & District AC	1179	0:55:43	8324	James Ward	Herne Hill Harriers
1080	0:54:42	7150	Michael Walker	Salford Harriers	1180	0:55:44	10013	Andrew Hoseason	The Stragglers Running Club
1081	0:54:43	9452	Mohammed Yousaf Butt	Highgate Harriers	1181	0:55:45	10021	Gareth Pritchard	The Stragglers Running Club
1082	0:54:44	8330	Chris Beecham	BRJ Run and Tri	1182	0:55:46	7856	Stephen Smythe	Dulwich Runners AC
1083	0:54:44	7437	Russ Tuit	Sutton Runners	1183	0:55:48	7838	Matthew Cooke	Dulwich Runners AC
1084	0:54:44	9877	Damien Hersey	Reading Roadrunners	1184	0:55:48	8103	Dmitrij Savickij	Greenwich Tritons Tri Club
1085	0:54:44	9308	Tom Peirson-Smith	London Heathside	1185	0:55:49	10388	Sebastien Pencole	Windsor Slough Eton & Houn
1086	0:54:44	8766	Jonathan Litchfield	Charnwood AC	1186	0:55:49	10155	Casper Morris	Tunbridge Wells Harriers
1087	0:54:47	7535	James Ketteringham	Birchfield Harriers	1187	0:55:49	8802	Neil Catchlove	Lordshill RR
1088	0:54:48	7275	Lee Harris	Wimbledon Windmilers	1188	0:55:50	9197	Ewan McFarlane	Phoenix Striders
1089	0:54:48	10395	Simon Dunk	Highgate Harriers	1189	0:55:50	8453	Neil Crisp	Ilford AC
1090	0:54:48	10356	Phil Reeves	The Stragglers Running Club	1190	0:55:50	8606	Simon Perkin	Leamington C & AC
1091	0:54:49	8347	Brendan Donnelly	The Stragglers Running Club	1191	0:55:51	9670	Paul Johnson	Southampton AC
1092	0:54:49	9999	Crispin Allen	The Stragglers Running Club	1192	0:55:51	8043	Andy Holt	Garden City Runners
1093	0:54:50	10006	Malcolm Davies	Barnet & District AC	1193	0:55:52	7493	Grant Stewart	Cambridge & Coleridge
1094	0:54:50	7144	Giovanni Muretto	Springfield Striders	1194	0:55:52	10099	William Whitmore	Tonbridge AC
1095	0:54:50	9748	Robert Mills	Leamington C & AC	1195	0:55:52	7069	Mark Shaw	Aldridge RC
1096	0:54:50	8610	Charlie Staveley	Tring RC	1196	0:55:54	8263	Richard Evans	Hercules Wimbledon AC
1097	0:54:52	10140	Nigel Bunn	Clapham Chasers	1197	0:55:54	7747	Julian Forbes	Croydon Harriers
1098	0:54:53	7669	Alastair Love	Cambridge Harriers	1198	0:55:54	7684	Michael Wiggins	Clapham Pioneers
1099	0:54:54	7514	Peter St. Amour	Amphill & Flitwick Flyers RC	1199	0:55:55	10153	Simon Howden	Tunbridge Wells Harriers
1100	0:54:55	7087	George Arbuckle		1200	0:55:55	9755	Colin Braybrook	St Albans Striders

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	Harpden Arrows
1215	0:56:04	8718	Karlwinder Hayer	London Frontrunners	1315	0:57:02	7546	Andrew French	Chelmsford AC
1216	0:56:04	9825	Philip 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	Aldridge RC
1223	0:56:10	9956	Olly 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 I	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	Alcester 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 Woźniak	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 Wimbledon 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	Phillip 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 Stenning	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 & AI
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	Knowle & Dorridge RC
1436	0:58:19	7512	Christian Poulton	Cambridge Harriers	1536	0:59:24	10239	Craig O'Brien	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	Phoenix 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 Fursey	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	Grahamtham 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	Wimbledon Windmilers	1559	0:59:41	9412	Andy Wardle	Rushcliffe AC
1460	0:58:37	8275	Mark Livingstone	Hercules Wimbledon 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 Nippress	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 Wegge	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	Wimbledon 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 Vossier	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 Hopps	Striders Of Croydon	1589	1:00:02	8242	Michael Mallen	Heaton Harriers
1490	0:58:53	8488	Chris Lawrence	Strimond 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	Alchester 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	Kirby 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	Dereece 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 Inslay	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 & Dorrige 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	Bexley 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 Pierreport 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	North Shields Harriers & AC	1752	1:02:00	8133	Bill Nock	Halesowen AC
1653	1:00:49	8414	John Sutherns	Holme Pierreport 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	Hillgate 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	9401	Graeme Wellard	Runnymede Runners	1907	1:04:41	9390	John Saw	Rugby & Northampton AC
1808	1:02:53	9596	Andrew Pickard	Sheffield RC	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	Graehame 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	Harpenden 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	Ampthill & 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	8949	Duane Tomaselli	Nene Valley Harriers	1973	1:06:04	8727	Eduardo Schmidt	London Frontrunners
1874	1:04:07	9039	Tom Miller	Northbrook AC	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 Wimbleton 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	Darke 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	Steel 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	Phillip Halse	Low Fell FC	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	Esom 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	Phoenix Striders
2030	1:07:14	10217	Chris Brammer	Victoria Park H. & Tower Han	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 Han	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	Bexley 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 Fronrunners
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 Icton	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	Pensby Runners
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	Petts 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	8902	Eamon Byrne	Mornington Chasers	2197	1:12:53	9765	Michael Jack	St Albans Striders
2098	1:08:48	8504	Craig Phillips	Kenilworth Runners	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 Yarllett	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 Han					
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 Pegnall	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
Team Results:									
Pos	Points	Team / Club		Placings	Pos	Time	No	Name	Club
1	131	Tonbridge AC		(5 14 18 26 33 35)	85	5679		Havering AC	(211 728 954 1135 1297 1354)
2	291	Bristol & West AC		(9 16 52 53 68 93)	86	5705		Dorking & Mole Valley AC	(248 661 911 1238 1257 1390)
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	5776		Gloucester AC	(758 772 799 874 1175 1398)
6	594	Shaftesbury Barnet Harriers		(45 49 54 116 148 182)	90	5797		Epsom & Ewell Harriers	(516 520 584 1332 1421 1424)
7	644	Serpentine RC		(23 67 125 134 146 149)	91	5862		Tunbridge Wells Harriers	(477 894 964 1142 1186 1199)
8	674	Hercules Wimbledon AC		(61 75 85 138 142 173)	92	5968		Poole AC	(10 333 530 1153 1958 1984)
9	685	Salford Harriers		(50 51 60 104 108 312)	93	5994		Sheffield RC	(479 824 974 1110 1122 1485)
10	691	Sale Harriers Manchester		(32 76 98 117 166 202)	94	5997		Striders Of Croydon	(322 789 1119 1139 1311 1317)
11	721	Morpeth Harriers & AC		(8 41 43 128 217 284)	95	6013		Halesowen AC	(542 800 984 1131 1247 1309)
12	740	Kent AC		(3 74 92 135 184 252)	96	6053		Northbrook AC	(712 721 815 1224 1262 1319)
13	849	Thames Hare & Hounds		(70 83 113 123 224 236)	97	6116		Ashford & District RRC	(120 611 1128 1399 1416 1442)
14	878	Leeds City AC		(36 112 139 168 180 243)	98	6122		Croydon Harriers	(336 870 1023 1197 1277 1419)
15	961	Hallamshire Harriers Sheffield		(57 65 118 152 278 291)	99	6129		Leigh Harriers & AC	(205 389 410 1680 1692 1753)
16	1103	Woodford Green AC with Essex L		(21 121 131 250 264 316)	100	6155		Holme Pierrepont RC	(718 850 864 1218 1227 1278)
17	1103	Newham & Essex Beagles AC		(29 63 103 220 313 375)	101	6196		Tyne Bridge Harriers	(192 704 867 1396 1428 1609)
18	1141	Cheltenham & County Harriers		(62 97 183 246 266 287)	102	6231		West 4 Harriers	(446 776 1102 1157 1364 1386)
19	1181	Bedford & County AC		(73 158 169 209 231 341)	103	6233		Waverley Harriers	(260 471 902 1066 1251 2283)
20	1456	Herne Hill Harriers		(7 222 289 300 306 332)	104	6243		Corby AC	(592 635 922 994 1526 1319)
21	1530	Marshall Milton Keynes AC		(176 178 235 299 314 328)	105	6259		Rushcliffe AC	(450 518 666 1335 1559 1731)
22	1559	Blackburn Harriers		(27 48 101 153 492 738)	106	6343		Greenwich Tritons Tri Club	(400 689 1048 1184 1380 1642)
23	1578	Victoria Park H. & Tower Hamlets		(196 212 223 247 337 363)	107	6360		Clapham Pioneers	(388 403 932 1198 1405 2034)
24	1607	Ranelagh Harriers		(56 213 274 302 348 414)	108	6387		Avon Valley Runners	(172 593 876 1008 1465 2273)
25	1634	Blackheath & Bromley Harriers		(82 86 269 362 366 469)	109	6391		Gosforth Harriers & AC	(529 615 1225 1270 1313 1439)
26	2008	London Heathside		(137 219 275 387 434 556)	110	6616		Great Western Runners	(484 692 1241 1264 1267 1668)
27	2030	Southend On Sea AC		(1 189 309 391 538 602)	111	6748		Wimbledon Windmilers	(636 707 1090 1275 1459 1581)
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	7049		Arena 80 AC	(564 741 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	7095		Trent Park RC	(463 664 687 1177 1967 2137)
33	2247	Notts AC		(19 263 280 339 527 819)	117	7104		Steel City Striders	(254 709 1318 1501 1629 1693)
34	2259	Rotherham Harriers & AC		(179 221 241 245 603 770)	118	7130		Beaumont RC	(633 680 805 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	2275	Thames Valley Harriers		(59 69 392 534 551 670)	121	7320		Harpenden Arrows	(839 871 1040 1314 1432 1824)
38	2416	Team Bath AC		(305 353 369 420 457 512)	122	7328		Tring RC	(558 731 1097 1207 1541 2194)
39	2441	Belgrave Harriers		(72 122 421 544 610 672)	123	7385		Telford Harriers	(696 759 1284 1343 1350 1953)
40	2454	Peterborough AC		(130 277 343 454 585 665)	124	7478		South London Harriers	(729 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	7762		Sutton Runners	(674 1047 1084 1427 1591 1939)
45	3128	Basingstoke & Mid Hants AC		(111 195 285 693 882 962)	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	3202	Bournville Harriers		(452 467 486 515 577 705)	131	8190		Kings Heath RC	(671 784 1438 1666 1725 1906)
48	3203	York Knavesmire Harriers		(197 382 514 660 690 760)	132	8243		Orpington Road Runners	(963 1075 1281 1367 1459 1831)
49	3219	Coventry Godiva Harriers		(109 136 292 367 1111 1204)	133	8258		Norwich RR	(979 1245 1299 1480 1583 1672)
50	3229	Reading AC		(119 185 232 361 757 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 1329 1585 1681 1764)
52	3369	Newbury AC		(129 290 377 613 749 1211)	136	8578		North Shields Polytechnic Club	(466 1134 1344 1391 2104 2139)
53	3553	Oxford University AC		(267 301 359 655 750 1221)	137	8590		Harborough AC	(422 1019 1649 1790 1844 1866)
54	3683	Wirral AC		(268 303 586 702 735 1089)	138	8757		North Derbyshire RC	(1065 1240 1283 1574 1700 1895)
55	3775	Guildford & Godalming AC		(71 282 537 905 937 1043)	139	8770		Newcastle Staffs AC	(570 752 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		(249 294 744 792 913 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	4288	Hillingdon AC		(210 545 708 716 908 1201)	149	9217		Silson Joggers AC	(810 1156 1765 1805 1818 1863)
66	4345	Fulham RC		(423 656 717 808 845 896)	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	4482	City Of Portsmouth AC		(416 531 686 730 848 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	4568	Holmfirth Harriers AC		(200 485 668 892 914 1409)	154	10064		Sinfin 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	4979	East Hull Harriers		(437 632 724 727 1002 1457)	158	11156		Fairlands Valley Spartans	(1231 1246 1809 2289 2290 2291)
75	5021	The Stragglers Running Club		(433 683 768 952 1092 1093)	159	11561		Totton RC	(1592 1705 1845 2110 2145 2164)
76	5052	Watford Joggers		(415 501 751 939 1009 1437)	160	11683		Canterbury Harriers	(1572 1625 1822 2122 2240 2302)
77	5228	Wallsend Harriers & AC		(395 528 606 844 1219 1636)	161	11847		Darlington Harriers & AC	(1496 1838 2071 2079 2116 2247)
78	5237	Bexley AC		(201 228 722 1158 1445 1483)	162	11928		Lingfield RC	(1597 1791 2073 2108 2126 2233)
79	5279	Springfield Striders		(320 563 820 1095 1209 1272)					
80	5322	Nene Valley Harriers		(80 737 795 1172 1258 1280)					
81	5391	Chichester Runners & AC		(188 358 695 1036 1538 1576)					
82	5523	Orion Harriers		(567 742 823 1106 1109 1176)					
83	5564	Rugby & Northampton AC		(87 756 890 959 1159 1713)					
84	5568	Birmingham Running Athletics &		(596 626 643 658 1269 1776)					