

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1	0:36:34	8383	Mahamed Mahamed	Southampton AC	99	0:39:58	6280	Jonathan Goringe	Birchfield Harriers
2	0:36:35	7390	Emile Cairss	Leeds City AC	100	0:39:59	8194	Daniel Kashi	Sale Harriers Manchester
3	0:37:04	7687	Carl Avery	Morpeth Harriers & AC	101	0:40:00	6414	Owain Jones	Bristol & West AC
4	0:37:12	7236	John Millar	Ipswich Harriers	102	0:40:01	6298	Adrian Bailes	Birtley AC
5	0:37:15	8389	Adam Hickey	Southend On Sea AC	103	0:40:01	8114	Luke Cotter	Rotherham Harriers & AC
6	0:37:31	6451	Jack Gray	Cambridge & Coleridge AC	104	0:40:02	7657	Harry Holmes	Matlock AC
7	0:37:34	6563	Alexander Brecker	City of Stoke AC	105	0:40:03	7146	Christopher Law	Holmfirth Harriers AC
8	0:37:36	6275	Omer Ahmed	Birchfield Harriers	106	0:40:05	8179	Matthew Barnes	Sale Harriers Manchester
9	0:37:38	6776	Joe Steward	East Cheshire Harriers & Tam	107	0:40:06	6488	Dan Owen	Cheltenham & County Harrier
10	0:37:43	7415	Graham Rush	Leeds City AC	108	0:40:07	7293	Christopher Greenwood	Kent AC
11	0:37:43	8196	Nigel Martin	Sale Harriers Manchester	109	0:40:09	8663	Joe Smith	Tipton Harriers
12	0:37:45	7420	Linton Taylor	Leeds City AC	110	0:40:11	8611	Hugo Cayssials	Thames Valley Harriers
13	0:37:46	8676	Ben Cole	Tonbridge AC	111	0:40:13	6049	Paul Rodgers	Aldershot Farnham & District
14	0:37:46	7746	Frank Baddick	Newham & Essex Beagles AC	112	0:40:14	8121	Daniel Kestrel	Rotherham Harriers & AC
15	0:37:46	8627	Antonio Silva	Thames Valley Harriers	113	0:40:14	6168	Richard Henderson	Bedford & County AC
16	0:37:48	6045	Luke Prior	Aldershot Farnham & District	114	0:40:15	7753	Olivier Heaslip	Newham & Essex Beagles AC
17	0:37:49	8695	Henry Pearce	Tonbridge AC	115	0:40:17	7414	Joshua Rowe	Leeds City AC
18	0:37:50	6415	Peter Legrice	Bristol & West AC	116	0:40:18	7683	Kirk Smith	Milton Keynes Distance Proje
19	0:37:59	8680	Corey De'Ath	Tonbridge AC	117	0:40:18	8123	Lee Milburn	Rotherham Harriers & AC
20	0:38:02	6158	Benjamin Alcock	Bedford & County AC	118	0:40:18	8380	Max Costley	Southampton AC
21	0:38:03	7874	Jonathan Thewlis	Notts AC	119	0:40:19	8603	Patrick Roddy	Thames Hare & Hounds
22	0:38:06	8310	Mark Pearce	Shaftesbury Barnet Harriers	120	0:40:19	7656	Daniel Haworth	Matlock AC
23	0:38:06	7757	Edgars Sumskis	Newham & Essex Beagles AC	121	0:40:20	6166	Andrew Headley	Bedford & County AC
24	0:38:07	9004	Edward Shepherd	Woodford Green AC with Ess	122	0:40:23	8682	George Duggan	Tonbridge AC
25	0:38:10	7417	Philip Sesemann	Leeds City AC	123	0:40:23	8596	James McMullan	Thames Hare & Hounds
26	0:38:13	7388	Gordon Benson	Leeds City AC	124	0:40:25	9034	Kim Critchley	York Knavesmire Harriers
27	0:38:13	7680	Noah Hurton	Milton Keynes Distance Proje	125	0:40:26	6731	Edward Chuck	Oldwich Runners AC
28	0:38:14	8600	Jamie Parkinson	Thames Hare & Hounds	126	0:40:27	6323	Ross Braden	Blackheath & Bromley Harrie
29	0:38:16	7091	Roger Poolman	Highgate Harriers	127	0:40:27	6953	Connor Milnes	Hallamshire Harriers Sheffield
30	0:38:18	7876	Alastair Watson	Notts AC	128	0:40:28	8120	Jonathan Johnson	Rotherham Harriers & AC
31	0:38:19	8303	Christopher Wright	Serpentine RC	129	0:40:30	8618	Conor Kissane-Wood	Thames Valley Harriers
32	0:38:21	6417	Jack Millar	Bristol & West AC	130	0:40:30	8763	Finn Affleck-Brodie	Tyne Bridge Harriers
33	0:38:23	6165	John Eves	Bedford & County AC	131	0:40:31	7098	Rob Wilson	Highgate Harriers
34	0:38:26	6162	Darren Deed	Bedford & County AC	132	0:40:31	7693	Andrew Lawrence	Morpeth Harriers & AC
35	0:38:34	7403	Matt Grieve	Leeds City AC	133	0:40:32	6401	Kevin Moore	Brighton & Hove AC
36	0:38:38	7966	Daniel Bebbington	Preston Harriers	134	0:40:33	9028	Sam Sommerville	Yeovil Olympiads AC
37	0:38:38	6413	William Christofi	Bristol & West AC	135	0:40:34	7314	John Batrick	Keswick AC
38	0:38:39	6816	William Mycroft	Enfield & Haringey AC	136	0:40:34	6404	Harry Allen	Bristol & West AC
39	0:38:39	6553	Logan Smith	City Of Norwich AC	137	0:40:34	7867	Chris McGurk	Notts AC
40	0:38:40	6291	Alexander Tovey	Birchfield Harriers	138	0:40:35	7304	Dave Morgan	Kent AC
41	0:38:40	6416	Jarlath McKenna	Bristol & West AC	139	0:40:35	8426	Joe Sagar	Spennborough & Dist AC
42	0:38:44	7409	Ollie Lockley	Leeds City AC	140	0:40:36	8929	Robin Howie	Wharfedale Harriers
43	0:38:45	6448	Jonathan Escalante-Phillips	Cambridge & Coleridge AC	141	0:40:36	6144	Ross Campbell	Barrow & Furness Striders AC
44	0:38:45	8699	Kieran Reilly	Tonbridge AC	142	0:40:37	8739	Simon O'Meara	Trafford AC
45	0:38:45	8312	William Ryle-Hodges	Shaftesbury Barnet Harriers	143	0:40:38	8770	Marc Fenwick	Tyne Bridge Harriers
46	0:38:47	7473	Matthew Jackson	Liverpool Harriers & AC	144	0:40:38	8612	Robert Collins	Thames Valley Harriers
47	0:38:50	8681	Ryan Driscoll	Tonbridge AC	145	0:40:39	7389	Michael Burrett	Leeds City AC
48	0:38:53	8304	Phillip Crout	Shaftesbury Barnet Harriers	146	0:40:40	6711	Joseph Kilgour	Derby AC
49	0:38:55	6459	Norman Shreeve	Cambridge & Coleridge AC	147	0:40:40	6198	Andrius Jaksevicius	Belgrave Harriers
50	0:38:57	8962	George King	Winchester & District AC	148	0:40:42	6997	Robert Warner	Havering AC
51	0:38:57	8693	Maximilian Nicholls	Tonbridge AC	149	0:40:45	8824	Matthew Hallam	Valley Striders AC
52	0:38:58	6037	Sam Eglen	Aldershot Farnham & District	150	0:40:46	6043	Rian McCawley	Aldershot Farnham & District
53	0:38:59	7454	Jake Richardson	Lincoln Wellington AC	151	0:40:48	6489	Luke Pollard	Cheltenham & County Harrier
54	0:39:01	7861	Peter Hodgkinson	Notts AC	152	0:40:50	6033	Callum Charleston	Aldershot Farnham & District
55	0:39:06	6561	Jonathan Shields	City of Sheffield & Dearne AC	153	0:40:50	7028	Finn Johnson	Hercules Wimbledon AC
56	0:39:07	6713	Alex Pilcher	Derby AC	154	0:40:53	8496	Grant Anderson	Stockport Harriers & AC
57	0:39:07	6160	Matthew Bray	Bedford & County AC	155	0:40:53	8615	James Ellis	Thames Valley Harriers
58	0:39:09	6921	John Sanderson	Guildford & Godalming AC	156	0:40:54	6883	James D'arcy Denne	Gloucester AC
59	0:39:10	8182	Luke Betts	Sale Harriers Manchester	157	0:40:56	7483	Chris Maher	Liverpool Pembroke & Sefton
60	0:39:11	6172	Josh Lunn	Bedford & County AC	158	0:40:59	6461	Joseph Turner	Cambridge & Coleridge AC
61	0:39:12	8673	Jamie Bryant	Tonbridge AC	159	0:41:00	7951	Ben Heron	Peterborough AC
62	0:39:12	7619	Alan Corlett	Manx Harriers	160	0:41:01	7287	Dame Dibaba	Kent AC
63	0:39:15	6038	George Gathercole	Aldershot Farnham & District	161	0:41:01	7043	Christopher Busaileh	Herne Hill Harriers
64	0:39:15	6547	Stuart Huntington	City Of Norwich AC	162	0:41:02	7095	Murray Strain	Highgate Harriers
65	0:39:16	8201	Callum Rowlinson	Sale Harriers Manchester	163	0:41:02	6051	Shaun Smith	Aldershot Farnham & District
66	0:39:17	7113	Robert Thompson	Hillingdon AC	164	0:41:02	6945	John Birch	Hallamshire Harriers Sheffield
67	0:39:18	6487	Dominic James	Cheltenham & County Harrier	165	0:41:02	8588	James Chettle	Thames Hare & Hounds
68	0:39:18	6321	Robert Warner	Blackburn Harriers & AC	166	0:41:03	6276	Ed Banks	Birchfield Harriers
69	0:39:20	8694	Cameron Payas	Tonbridge AC	167	0:41:04	9007	Daniel William Steel	Woodford Green AC with Ess
70	0:39:23	7671	Greg Jayasuriya	Middlesbrough & Cleveland Harriers	168	0:41:05	7624	Stephen Garrett	Manx Harriers
71	0:39:25	7035	Frederick Slemeck	Hercules Wimbledon AC	169	0:41:06	6450	Michael Gilbert	Cambridge & Coleridge AC
72	0:39:25	6393	Zak Seddon	Bracknell AC	170	0:41:08	8656	Nick Hardy	Tipton Harriers
73	0:39:30	6917	Colin High	Guildford & Godalming AC	171	0:41:08	6445	Duncan Coombs	Cambridge & Coleridge AC
74	0:39:33	7455	Shane Robinson	Lincoln Wellington AC	172	0:41:11	6377	Henry Brocklehurst	Bournville Harriers
75	0:39:35	6647	Oliver Paulin	Coventry Godiva Harriers	173	0:41:12	6342	Jordan Bell	Blackhill Bounders
76	0:39:35	6050	Philip Sewell	Aldershot Farnham & District	174	0:41:13	7863	Stuart King	Notts AC
77	0:39:37	6446	Chris Darling	Cambridge & Coleridge AC	175	0:41:15	6290	Michael Tanner	Birchfield Harriers
78	0:39:38	7027	Tom Jervis	Hercules Wimbledon AC	176	0:41:17	8968	Simon Millett	Windsor Slough Eton & Houn
79	0:39:38	8594	James Hoad	Thames Hare & Hounds	177	0:41:17	6465	Danny Kendall	Cambridge Harriers
80	0:39:39	7297	Owen Hind	Kent AC	178	0:41:18	7872	Bruce Raeside	Notts AC
81	0:39:40	8499	Jack Morris	Stockport Harriers & AC	179	0:41:18	6956	Phillip Radford	Hallamshire Harriers Sheffield
82	0:39:40	6440	Nicholas Martin	Caistor RC	180	0:41:18	6420	Andrew Watt	Bristol & West AC
83	0:39:42	8197	Gareth Raven	Sale Harriers Manchester	181	0:41:18	8683	Michael Ellis	Tonbridge AC
84	0:39:43	6418	Josh Moody	Bristol & West AC	182	0:41:18	7634	Graham Jones	Marshall Milton Keynes AC
85	0:39:45	8155	William Gardner	Rugby & Northampton AC	183	0:41:20	6915	George Dollner	Guildford & Godalming AC
86	0:39:46	6283	Sam Johnson	Birchfield Harriers	184	0:41:21	9013	Tom Mahon	Wreake & Soar Valley AC
87	0:39:47	7675	Kieren Walker	Middlesbrough AC	185	0:41:22	8101	Christopher Fell	Rossendale Harriers & AC
88	0:39:47	6206	Paskar Owor	Belgrave Harriers	186	0:41:23	7295	Ben Harding	Kent AC
89	0:39:48	6579	Tim Stratton	City of York AC	187	0:41:24	6952	James McCrae	Hallamshire Harriers Sheffield
90	0:39:48	8584	Jim Allchin	Thames Hare & Hounds	188	0:41:26	8199	Philip Robertson	Sale Harriers Manchester
91	0:39:49	6274	Kadar Abdullahi	Birchfield Harriers	189	0:41:27	8880	Jordan Middelmist	Wallsend Harriers & AC
92	0:39:49	8628	Chris Smith	Thames Valley Harriers	190	0:41:27	8788	Joseph Read	University of Birmingham AC
93	0:39:50	6090	Ed Knudsen	Avon Valley Runners	191	0:41:27	8651	Jonathan Carter	Tipton Harriers
94	0:39:51	6337	Joshua Schofield	Blackheath & Bromley Harriers	192	0:41:27	6474	Joseph Gray	Cambridge University Hare &
95	0:39:52	6320	Tim Raynes	Blackburn Harriers & AC	193	0:41:27	7263	Jonathan Dry	Kendal AAC
96	0:39:53	8209	Thomas Cornthwaite	Salford Harriers & AC	194	0:41:28	6519	James Savage	Chorton Runners
97	0:39:55	7644	Daniel Woodgate	Marshall Milton Keynes AC	195	0:41:28	7192	Jamie Hall	Huntingdonshire AC
98	0:39:56	7984	Joe Baxter	Pudsey & Bramley AC	196	0:41:28	6314	Jack Hindle	Blackburn Harriers & AC

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
197	0:41:29	6651	Alistair Smith	Coventry Godiva Harriers	295	0:42:42	8616	Daniel Garcia Rasines	Thames Valley Harriers
198	0:41:29	7914	Joe Morrow	Oxford University CCC	296	0:42:44	6117	Craig Shearer	Barlick Fell Runners
199	0:41:29	6170	Andrew Inskip	Bedford & County AC	297	0:42:44	6044	Alex Pointon	Aldershot Farnham & District
200	0:41:30	8298	Hugh Torry	Serpentine RC	298	0:42:44	8860	Ben Butler	Wakefield District H & AC
201	0:41:31	6473	James Edgerton	Cambridge University Hare &	299	0:42:44	8705	Luca Russo	Tonbridge AC
202	0:41:32	8044	Edward Stockdale	Reading AC	300	0:42:44	7869	John Muddeman	Notts AC
203	0:41:33	7955	Shaun Walton	Peterborough AC	301	0:42:45	7556	Josh Elderfield	Longwood Harriers AC
204	0:41:34	6419	Richard Peters	Bristol & West AC	302	0:42:45	7751	Daniel Giles	Newham & Essex Beagles AC
205	0:41:35	6407	Alberto Beltran	Bristol & West AC	303	0:42:45	8771	Michael Hedley	Tyne Bridge Harriers
206	0:41:35	7104	James Laing	Hillingdon AC	304	0:42:46	7688	Alistair Douglass	Morpeth Harriers & AC
207	0:41:36	7419	Adam Stacey	Leeds City AC	305	0:42:46	6511	Ben Hobson	Chorlton Runners
208	0:41:37	6287	Andrew Peat	Birchfield Harriers	306	0:42:46	6947	Matthew Craig	Hallamshire Harriers Sheffield
209	0:41:37	7370	Raymond Edgar	Lancaster & Morecambe AC	307	0:42:46	7285	James Bowler	Kent AC
210	0:41:37	7410	Matt Lockyer	Leeds City AC	308	0:42:47	8597	James Meiklejohn	Thames Hare & Hounds
211	0:41:38	8127	Elliott Smales	Rotherham Harriers & AC	309	0:42:48	9005	Darren Southcott	Woodford Green AC with Ess
212	0:41:38	7125	Oliver Matharu	Holme Pierrepont RC	310	0:42:48	6164	Craig Emmerson	Bedford & County AC
213	0:41:39	6329	Alex Gibbins	Blackheath & Bromley Harrie	311	0:42:49	7288	Alex Dudney	Kent AC
214	0:41:39	8305	Orlando Edwards	Shaftesbury Barnet Harriers	312	0:42:49	8670	Daniel Bradley	Tonbridge AC
215	0:41:40	6741	Matthew Hornsby	Durham City Harriers & AC	313	0:42:50	6119	Nick Treitl	Barlick Fell Runners
216	0:41:40	6190	Nick Buckle	Belgrave Harriers	314	0:42:52	8557	Courtenay Chessel	Swindon Harriers
217	0:41:41	6313	Marc Hartley	Blackburn Harriers & AC	315	0:42:53	7481	James Wootton	Liverpool Harriers & AC
218	0:41:42	8122	Arron Larkin	Rotherham Harriers & AC	316	0:42:53	6735	Jack Ramm	Dulwich Runners AC
219	0:41:42	7082	Charlie Haywood	Highgate Harriers	317	0:42:54	8158	Stephen Dickens	Rushcliffe AC
220	0:41:43	7312	Jordan Weaver	Kent AC	318	0:42:54	8212	Ian Grime	Salford Harriers & AC
221	0:41:44	7047	Jeff Cunningham	Herne Hill Harriers	319	0:42:55	7702	Phillip Winkler	Morpeth Harriers & AC
222	0:41:45	6072	David Norman	Altrincham & District AC Limi	320	0:42:55	6067	David Cowlishaw	Altrincham & District AC Limi
223	0:41:45	6550	Dominic Oliver	City Of Norwich AC	321	0:42:55	6949	Craig Fishwick	Hallamshire Harriers Sheffield
224	0:41:46	7012	James McKenzie	Heaton Harriers & AC	322	0:42:56	9063	James Quinlan	Aldershot Farnham & District
225	0:41:47	7467	Richard Burney	Liverpool Harriers & AC	323	0:42:56	7092	Sean Renfer	Highgate Harriers
226	0:41:47	6075	Benjamin Ridell	Altrincham & District AC Limi	324	0:42:57	7139	Lewis Byram	Holmfirth Harriers AC
227	0:41:48	8998	Angus Holford	Woodford Green AC with Ess	325	0:42:58	8573	James Donald	Team Bath AC
228	0:41:49	7500	Mathew Speed	London City AC	326	0:42:59	6546	George Gay	City Of Norwich AC
229	0:41:49	6697	Alex Cameron	Dartford Harriers AC	327	0:43:00	8016	Tom Collinge	Queensbury RC
230	0:41:51	6739	Alexander Cook	Durham City Harriers & AC	328	0:43:00	6042	Richard Lovejoy	Aldershot Farnham & District
231	0:41:52	6398	Howard Bristow	Brighton & Hove AC	329	0:43:00	6652	Harvey Speed	Coventry Godiva Harriers
232	0:41:52	7534	Charles Hardy	London Heathside	330	0:43:01	6071	Kris Matuszczak	Altrincham & District AC Limi
233	0:41:53	8119	Aidan Johnson	Rotherham Harriers & AC	331	0:43:01	6871	Daniel Alexander	Gateshead Harriers & AC
234	0:41:54	6838	Callum Crawford	Exeter Harriers	332	0:43:02	6990	Jamie Buckley-Stanton	Havering AC
235	0:41:56	6456	Oliver Park	Cambridge & Coleridge AC	333	0:43:02	7152	Kai Sunman	Holmfirth Harriers AC
236	0:41:56	7639	James Tuttle	Marshall Milton Keynes AC	334	0:43:02	6897	Al Johnson	Gosforth Harriers & AC
237	0:41:57	6341	Richard Webb	Blackheath & Bromley Harrie	335	0:43:02	6306	Karl Billington	Blackburn Harriers & AC
238	0:41:58	8677	Greg Cole	Tonbridge AC	336	0:43:03	6167	Stephen Headley	Bedford & County AC
239	0:41:58	6567	Ian Salt	City of Stoke AC	337	0:43:03	7597	Mark Walker	Macclesfield Harriers & AC
240	0:41:59	6039	Nathan Gibson	Aldershot Farnham & District	338	0:43:03	8379	Daniel Baker	Southampton AC
241	0:42:00	6412	Miles Chandler	Bristol & West AC	339	0:43:04	6556	Sam Todd	City Of Norwich AC
242	0:42:00	6315	Joshua Holgate	Blackburn Harriers & AC	340	0:43:04	6187	George Russell	Beeston AC
243	0:42:03	8712	James Taylor	Tonbridge AC	341	0:43:05	8856	Greg Dival	Victoria Park Harriers & Tow
244	0:42:04	8945	Richard Coen	Wilmslow RC	342	0:43:05	8178	Sam Aspinwall	Sale Harriers Manchester
245	0:42:04	9018	Joe Branch	Wycombe Phoenix Harriers &	343	0:43:06	6253	Darren Kay	Bingley Harriers & AC
246	0:42:05	7084	Jonathan Laybourn	Highgate Harriers	344	0:43:07	8992	Tom Beedell	Woodford Green AC with Ess
247	0:42:06	8193	Kenneth Hunt	Sale Harriers Manchester	345	0:43:08	8972	David Brockway	Wirral AC
248	0:42:06	8574	Daniel Jones	Team Bath AC	346	0:43:09	8599	Richard Ollington	Thames Hare & Hounds
249	0:42:07	7070	Robel Bahelbi	Highgate Harriers	347	0:43:10	7887	Michael Mannings	Oldham & Royton H & AC
250	0:42:07	7859	Tim Hartley	Notts AC	348	0:43:10	8384	Oliver Smith	Southampton AC
251	0:42:07	8602	Ben Reynolds	Thames Hare & Hounds	349	0:43:10	6307	Thomas Blaney	Blackburn Harriers & AC
252	0:42:07	7387	Alexander Bellew	Leeds City AC	350	0:43:11	7361	Robert Michaelson-Yeates	Knowle & Dorridge RC
253	0:42:07	6709	Joseph Booth	Derby AC	351	0:43:13	8728	Jamie Rutherford	Totley AC
254	0:42:09	7804	David Green	North Shields Polytechnic Clu	352	0:43:14	8063	Nick Gaskell	Ribble Valley Harriers
255	0:42:09	6250	Ian Holmes	Bingley Harriers & AC	353	0:43:14	6957	Aidan Smith	Hallamshire Harriers Sheffield
256	0:42:12	6878	Matthew Linsley	Gateshead Harriers & AC	354	0:43:15	7299	Anthony Johnson	Kent AC
257	0:42:12	6410	Graham Breen	Bristol & West AC	355	0:43:15	8601	Gordon Pearce	Thames Hare & Hounds
258	0:42:12	7072	Peter Chambers	Highgate Harriers	356	0:43:16	7076	Darryl Davison	Highgate Harriers
259	0:42:12	8969	James Tidd	Windsor Slough Eton & Houn:	357	0:43:16	7048	Jack Dickenson	Herne Hill Harriers
260	0:42:13	8151	Jonathan Wills	Roundhay Runners	358	0:43:20	7478	Andy Salmon	Liverpool Harriers & AC
261	0:42:14	7697	Andrew Pratt	Morpeth Harriers & AC	359	0:43:23	7943	Rob Grantham	Pensby Runners
262	0:42:14	6052	Tobias Smith	Aldershot Farnham & District	360	0:43:23	8339	Kenneth Malton	Shelton Striders
263	0:42:14	8306	Matthew Grant	Shaftesbury Barnet Harriers	361	0:43:24	8400	Andrew Kershaw	Southport Waterloo AC
264	0:42:14	7878	Matthew Williams	Notts AC	362	0:43:24	7051	Andrew Grigg	Herne Hill Harriers
265	0:42:15	7183	Lee Dover	Houghton Harriers & AC	363	0:43:25	6593	Eddie Rolls	Clapham Chasers
266	0:42:16	6954	Sam Peters	Hallamshire Harriers Sheffield	364	0:43:26	7404	Mick Hill	Leeds City AC
267	0:42:17	7231	Jack Wood	Ilkley Harriers AC	365	0:43:26	7300	Tim Lawrence	Kent AC
268	0:42:19	7412	Adam Osborne	Leeds City AC	366	0:43:27	8100	Grant Cunliffe	Rossendale Harriers & AC
269	0:42:19	6490	Liam Roarty	Cheltenham & County Harrier	367	0:43:27	6649	Clark Roberts	Coventry Godiva Harriers
270	0:42:20	7418	Chris Smith	Leeds City AC	368	0:43:29	8236	Tony Taylor	Salford Harriers & AC
271	0:42:22	7046	Andrew Clarke	Herne Hill Harriers	369	0:43:29	6326	Rob Donohue	Blackheath & Bromley Harrie
272	0:42:24	8672	Stuart Brown	Tonbridge AC	370	0:43:30	8921	Alisdair Burns	Wharfedale Harriers
273	0:42:24	8556	Simon Byrne	Swindon Harriers	371	0:43:31	6112	Julian Hood	Barlick Fell Runners
274	0:42:25	8623	Oliver Newton	Thames Valley Harriers	372	0:43:31	6564	Thomas Hendricken	City of Stoke AC
275	0:42:25	8931	Ted Mason	Wharfedale Harriers	373	0:43:31	8183	Alex Bradford	Sale Harriers Manchester
276	0:42:26	6309	Christopher Davies	Blackburn Harriers & AC	374	0:43:31	6361	Joseph Woods	Blyth RC
277	0:42:28	8580	James Egleston	Telford AC	375	0:43:32	6577	George Phillips	City of York AC
278	0:42:29	7302	Peter Lighting	Kent AC	376	0:43:33	7487	Mark Wynne	Liverpool Pembroke & Sefton
279	0:42:30	8961	Dan Cunningham	Winchester & District AC	377	0:43:35	7540	Francesco Melloni	London Heathside
280	0:42:30	6278	Jonathan Bradford	Birchfield Harriers	378	0:43:36	8717	Samuel Allin	Totley AC
281	0:42:31	8302	Nathan Wilkins	Serpentine RC	379	0:43:37	7749	Patrick Chesser	Newham & Essex Beagles AC
282	0:42:31	7499	Adam Millbery	London City AC	380	0:43:37	7348	Jonathan Young	Kirkstall Harriers
283	0:42:32	6873	Ross Christie	Gateshead Harriers & AC	381	0:43:37	7217	Philip Sale	Ilkerton RC
284	0:42:32	7290	Sean Fitzpatrick	Kent AC	382	0:43:37	8218	James Kovacs	Salford Harriers & AC
285	0:42:33	6982	Jim Cooper	Harrow AC	383	0:43:38	8532	Robert Walker	Sunderland Harriers & AC
286	0:42:34	6406	Joe Ballard	Bristol & West AC	384	0:43:38	6673	David White	Croydon Harriers
287	0:42:34	7783	Martin Dawson	North Derbyshire RC	385	0:43:39	8269	Graham Robinson	Sandhurst Joggers
288	0:42:35	7811	William Robson	North Shields Polytechnic Clu	386	0:43:39	7661	Jack Crossley	Medway & Maidstone AC
289	0:42:36	8125	Gareth Sampson	Rotherham Harriers & AC	387	0:43:40	7802	Graeme Cook	North Shields Polytechnic Clu
290	0:42:37	6938	Ben Crowther	Halifax Harriers & AC	388	0:43:41	8370	Daniel Josephs	South Shields Harriers & AC
291	0:42:39	7542	Peter Northall	London Heathside	389	0:43:42	8764	Alex Black	Tyne Bridge Harriers
292	0:42:39	8567	Adam Stokes	Taunton AC	390	0:43:42	6975	Chris Miller	Harrogate Harriers & AC
293	0:42:41	7310	Niall Stewart	Kent AC	391	0:43:42	8035	Ian Kenton	Ranelagh Harriers
294	0:42:42	8042	Luc Jolly	Reading AC	392	0:43:43	8645	Alec Finch	Thurrock Harriers

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
393	0:43:43	8065	Shaun Livesey	Ribble Valley Harriers	491	0:44:44	7679	Michael Greener	Milton Keynes Distance Proje
394	0:43:43	7973	Richard Smith	Preston Harriers	492	0:44:45	6021	Simon Newton	Ackworth RR
395	0:43:44	7065	Andrew Warburton	Herne Hill Harriers	493	0:44:46	6235	Andy Brown	Bingley Harriers & AC
396	0:43:44	7866	Steve Long	Notts AC	494	0:44:46	7271	Stanley Doxey	Kenilworth Runners
397	0:43:44	6460	Nick Smallwood	Cambridge & Coleridge AC	495	0:44:47	7748	Wayne Bell	Newham & Essex Beagles AC
398	0:43:44	7289	Ian Ellwood	Kent AC	496	0:44:48	6514	Ben McCormack	Chorlton Runners
399	0:43:45	8729	Bartholomew Shaw	Totley AC	497	0:44:50	6324	Danny Brewer	Blackheath & Bromley Harrie
400	0:43:45	8934	Sam Watson	Wharfedale Harriers	498	0:44:50	6874	Kevin Connolly	Gateshead Harriers & AC
401	0:43:46	6260	Tim Midgley	Bingley Harriers & AC	499	0:44:50	7977	Wesley Wilkinson	Preston Harriers
402	0:43:46	6524	Michael Taylor	Chorlton Runners	500	0:44:52	9021	Kieran Gilfedder	Wycombe Phoenix Harriers &
403	0:43:47	7073	Andres Chau	Highgate Harriers	501	0:44:53	6685	Paul Allan	Darlington H & AC
404	0:43:48	7154	Phil Boynton	Horsforth Harriers	502	0:44:55	8258	Will Kerr	Saltaire Striders
405	0:43:48	7141	Steve Green	Holmfirth Harriers AC	503	0:44:55	6531	James Thomas	Cirencester AC
406	0:43:48	7457	Joshua Stone	Lincoln Wellington AC	504	0:44:55	6863	Frederick Levy	Fulham RC
407	0:43:48	7400	Leon Foster	Leeds City AC	505	0:44:57	7446	Dave Hunter	Fulham & District Runners
408	0:43:49	7910	Chris McMillan	Owls AC	506	0:44:57	8342	Rob Fox	Shrewsbury AC
409	0:43:50	7291	Calum Fraser	Kent AC	507	0:44:57	8207	Paul Bannister	Salford Harriers & AC
410	0:43:50	8778	Jevan Robertson	Tyne Bridge Harriers	508	0:44:57	7641	Jeremy Vick	Marshall Milton Keynes AC
411	0:43:50	9053	Chris Roberts	York Knavesmire Harriers	509	0:44:58	8308	Thomas Kearns	Shaftesbury Barnet Harriers
412	0:43:51	8726	David Millins	Totley AC	510	0:44:58	6115	David Poole	Barlick Fell Runners
413	0:43:51	8959	Guy Brayn	Winchester & District AC	511	0:44:58	7122	Eddie George	Holme Pierrepont RC
414	0:43:52	7570	Rhys Francis	Loughborough Students AC	512	0:44:59	7618	Jamie Beaman	Manx Harriers
415	0:43:52	6442	Graham Anderson	Cambridge & Coleridge AC	513	0:45:00	8067	Ben Walmsley	Ribble Valley Harriers
416	0:43:53	9019	David Clark	Wycombe Phoenix Harriers &	514	0:45:00	6679	Jonathan Hoggett	Dacorum & Tring AC
417	0:43:54	8219	Philip Leybourne	Salford Harriers & AC	515	0:45:00	8569	Joe Walton	Taunton AC
418	0:43:54	6730	Timothy Bowen	Dulwich Runners AC	516	0:45:02	7055	Matthew Munro	Herne Hill Harriers
419	0:43:54	8522	Craig Gunn	Sunderland Harriers & AC	517	0:45:03	6587	Jack Leafe	Clapham Chasers
420	0:43:55	7372	Mark Leadbeatter	Lancaster & Morecambe AC	518	0:45:04	8842	Tom Venning	Valley Striders AC
421	0:43:55	8185	Chris Donnelly	Sale Harriers Manchester	519	0:45:05	8803	Mark Crabtree	Vale Royal AC
422	0:43:57	7040	Alan Barnes	Herne Hill Harriers	520	0:45:06	6510	Andrew Haney	Chorlton Runners
423	0:43:57	7396	Thomas Edwards	Leeds City AC	521	0:45:07	8813	Matt Chadwick	Valley Striders AC
424	0:43:57	8825	Daryl Hibberd	Valley Striders AC	522	0:45:09	8144	Tim Jenner	Roundhay Runners
425	0:43:58	6872	Steven Asquith	Gateshead Harriers & AC	523	0:45:10	8112	Sam Clegg	Rotherham Harriers & AC
426	0:43:59	7909	Luke Ingram	Owls AC	524	0:45:10	7024	Tom Buckley	Hercules Wimbledon AC
427	0:43:59	6106	Michael Malyon	Baildon Runners	525	0:45:11	8422	Simon Bolland	Spenborough & Dist AC
428	0:44:00	6437	Robert White	Buxton AC	526	0:45:11	7569	Kevin Willsher	Lordshill RR
429	0:44:01	8572	Thomas Davies	Team Bath AC	527	0:45:11	8043	Arturo Martinez De Murguia	Reading AC
430	0:44:02	7333	Paul Jolliffe	Kings Heath RC	528	0:45:11	7594	James Noakes	Macclesfield Harriers & AC
431	0:44:03	8077	Luke Beresford	Ripley RC	529	0:45:12	6880	Steven Medd	Gateshead Harriers & AC
432	0:44:04	7376	Phillip Gould	Leamington C & AC	530	0:45:13	8926	Sam Green	Wharfedale Harriers
433	0:44:04	7423	Patrick Vis	Leeds City AC	531	0:45:16	6422	Peter Ball	Bromsgrove & Redditch
434	0:44:05	8394	Lee Taylor	Southend On Sea AC	532	0:45:17	6926	Adam Cross	Halesowen ACC
435	0:44:06	7529	Simon Dunderdale	London Heathside	533	0:45:17	6455	Chris Molloy	Cambridge & Coleridge AC
436	0:44:06	8159	Marlon Dunkley	Ruschcliffe AC	534	0:45:18	7980	Paul Savage	Prestwich AC
437	0:44:07	8621	Andrew Mitchell	Thames Valley Harriers	535	0:45:18	8108	Andy Preston	Rossendale Harriers & AC
438	0:44:07	8912	Alex Hamblin	Westbury Harriers	536	0:45:20	8192	David Howlett	Sale Harriers Manchester
439	0:44:07	7296	Joe Hartley	Kent AC	537	0:45:21	6402	Jmaes Turner	Brighton & Hove AC
440	0:44:09	8832	Jon Pownall	Valley Striders AC	538	0:45:21	7246	Joseph Cherry	Jesmond Joggers
441	0:44:10	8605	Andy Weir	Thames Hare & Hounds	539	0:45:22	7207	Adam Lomas	Hyde Park Harriers
442	0:44:10	6068	Adam Gooch	Altrincham & District AC Limit	540	0:45:23	6317	Joseph Howe	Blackburn Harriers & AC
443	0:44:10	7286	Ben Cook	Kent AC	541	0:45:24	7726	Phillip Marshall	Newbury AC
444	0:44:13	8364	Gareth Parr	South London Harriers	542	0:45:24	7437	Robert Thorpe	Leigh Harriers & AC
445	0:44:14	6819	Neil Henderson	Epsom & Ewell Harriers	543	0:45:25	7712	Luke Myers	Nene Valley Harriers
446	0:44:15	8885	Tom Greaves	Warrington AC	544	0:45:25	7101	Joe Carton	Hillingdon AC
447	0:44:16	6734	Alastair Locke	Dulwich Runners AC	545	0:45:27	7456	Sam Shuttleworth	Lincoln Wellington AC
448	0:44:17	8542	Callum Thom	Sunderland Strollers	546	0:45:27	7262	Matthew Doey	Kendal AAC
449	0:44:18	8963	James Moore	Winchester & District AC	547	0:45:27	7672	Chris Rumsey	Middlesbrough & Cleveland F
450	0:44:20	8966	Peter Sansome	Winchester & District AC	548	0:45:28	8579	Mathew Cox	Telford AC
451	0:44:20	6900	Ben Moore	Gosforth Harriers & AC	549	0:45:28	6518	Christopher Rayner	Chorlton Runners
452	0:44:20	7801	Bradley Clough	North Shields Polytechnic Clu	550	0:45:29	9026	Sean Wilson	Wycombe Phoenix Harriers &
453	0:44:22	7227	Daniel McKeown	Ilkley Harriers AC	551	0:45:29	8781	Paul Turnbull	Tyne Bridge Harriers
454	0:44:22	8807	Patrick Stradling	Vale Royal AC	552	0:45:29	7805	Jonathon Heaney	North Shields Polytechnic Clu
455	0:44:22	8586	James Bartram	Thames Hare & Hounds	553	0:45:30	7539	Jospeh McKeown	London Heathside
456	0:44:22	8957	George Belfield	Winchester & District AC	554	0:45:31	6943	Nicholas Barber	Hallamshire Harriers Sheffield
457	0:44:23	7029	David Lewin	Hercules Wimbledon AC	555	0:45:31	7211	Michael Vargas	Hyde Park Harriers
458	0:44:23	8741	Jeff Prest	Trafford AC	556	0:45:32	6148	Richard Bugg	Barton & District AC
459	0:44:23	7307	Neil Phillips	Kent AC	557	0:45:32	8981	Gareth Briggs	Wolverhampton & Bilston
460	0:44:25	6151	Matthew Smith	Barton & District AC	558	0:45:32	9037	Simon Fricke	York Knavesmire Harriers
461	0:44:26	8678	Thomas Cox	Tonbridge AC	559	0:45:32	7462	Phillip Williams	Lincoln Wellington AC
462	0:44:26	8977	Stephen Spence	Wirral AC	560	0:45:33	8105	Alan Lundberg-Bury	Rossendale Harriers & AC
463	0:44:27	7692	Tom Innes	Morpeth Harriers & AC	561	0:45:34	6927	Peter Dear	Halesowen ACC
464	0:44:27	8152	William Bowers	Royston Runners	562	0:45:36	6232	Graham Askew	Bingley Harriers & AC
465	0:44:28	7225	Istvan Jacso	Ilkley Harriers AC	563	0:45:36	6600	Ryan Bradshaw	Clayton-le-Moors Harriers
466	0:44:28	6031	Daniel Ayers	Aldershot Farnham & District	564	0:45:37	7354	Simon Bentley	Knowle & Dorridge RC
467	0:44:28	7729	Daniel Tuttle	Newbury AC	565	0:45:37	7196	Rod McKee	Huntingdonshire AC
468	0:44:29	7257	Matthew Warters	Keighley & Craven AC	566	0:45:38	7191	Ty Farrer	Huntingdonshire AC
469	0:44:29	7283	Stuart Beaney	Kent AC	567	0:45:38	8875	Andrew Graham	Walsend Harriers & AC
470	0:44:32	8033	Peter Haarer	Ranelagh Harriers	568	0:45:39	6628	Wojciech Kantczak	Corby AC
471	0:44:32	8187	George Frost	Sale Harriers Manchester	569	0:45:40	8528	Steve Rankin	Sunderland Harriers & AC
472	0:44:33	6405	Peter Bains	Bristol & West AC	570	0:45:40	7224	Steven Gott	Ilkley Harriers AC
473	0:44:34	7643	Ian Wood	Marshall Milton Keynes AC	571	0:45:40	8476	Benjamin Lewis Jones	Steel City Striders RC
474	0:44:34	6980	Gareth Somerville	Harrogate Harriers & AC	572	0:45:42	7544	Jacob Phillips	London Heathside
475	0:44:35	7950	Kirk Brawn	Peterborough AC	573	0:45:43	6295	Simon Lanckham	Birmingham Running Athletic
476	0:44:35	8689	Jack Keywood	Tonbridge AC	574	0:45:43	6478	Martin Lewis	Charnwood AC
477	0:44:35	6895	Andrew Heppell	Gosforth Harriers & AC	575	0:45:44	8118	Philip Hoole	Rotherham Harriers & AC
478	0:44:37	7699	Mark Snowball	Morpeth Harriers & AC	576	0:45:45	7730	Matt Eardley	Newcastle (Staff) Tri Club
479	0:44:37	6783	Matthew Hayes	East Hull Harriers & AC	577	0:45:46	8510	Scott Williams	Stowmarket Striders RC
480	0:44:39	8956	Sam Appleton	Winchester & District AC	578	0:45:46	8045	Robert Tan	Reading AC
481	0:44:39	6557	Lewis Banner	City Of Portsmouth AC	579	0:45:46	8974	John Heap	Wirral AC
482	0:44:40	8624	Calum Nicol	Thames Valley Harriers	580	0:45:47	9022	Tim Hogbin	Wycombe Phoenix Harriers &
483	0:44:40	8742	Matthew Sutton	Trafford AC	581	0:45:47	8958	Wayne Bevan	Winchester & District AC
484	0:44:40	8453	David Twigg	St Helens Sutton AC	582	0:45:48	7546	Alex Sweet	London Heathside
485	0:44:41	7060	Matthew Robertson	Herne Hill Harriers	583	0:45:48	8852	Bob Templeman	Vegan Runners UK
486	0:44:41	7578	Stephen Magrath	Low Fell RC	584	0:45:48	8904	Dave Alexander	West Cheshire AC
487	0:44:42	6530	Oliver Pritchard	Cirencester AC	585	0:45:50	7591	Billy Hicks	Macclesfield Harriers & AC
488	0:44:42	6977	Timothy Richardson	Harrogate Harriers & AC	586	0:45:50	6105	Quentin Lewis	Baildon Runners
489	0:44:42	8927	Ethan Thomas Hassell	Wharfedale Harriers	587	0:45:50	6680	Jamie Marlow	Dacorum & Tring AC
490	0:44:43	7647	Dean Clarke	Massey Ferguson RC	588	0:45:51	7886	Nathan Hilditch	Oldham & Royton H & AC

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
589	0:45:52	7151	Tim Street	Holmfirth Harriers AC	687	0:46:40	7976	Andy Whaley	Preston Harriers
590	0:45:52	7655	Colin Davenport	Matlock AC	688	0:46:41	7658	John Thorpe	Matlock AC
591	0:45:53	6387	Matthew Pollard	Bournville Harriers	689	0:46:41	8463	Ronan Charlton	Steel City Striders RC
592	0:45:54	6979	Robert Smith	Harrogate Harriers & AC	690	0:46:44	6862	James Hampshire	Fulham RC
593	0:45:55	8946	Rob Downs	Wilmslow RC	691	0:46:44	6970	Steve Bowran	Harpenden Arrows
594	0:45:55	6750	Jose Pabon	Ealing Eagles RC	692	0:46:44	8260	Matthew Nowell	Saltaire Striders
595	0:45:56	6139	Paul Dodd	Barnsley Harriers	693	0:46:46	8973	Simon Dunk	Wirral AC
596	0:45:57	6994	Barry Smith	Havering AC	694	0:46:46	7355	Jack Bristow	Knowle & Dorrige RC
597	0:45:57	7311	Thomas Thain	Kent AC	695	0:46:46	7565	Andrew Proctor	Lordshill RR
598	0:45:57	8142	Richard Gibbs	Roundhay Runners	696	0:46:46	7439	James Bell	Leighton Buzzard AC
599	0:45:57	9065	Simon Collins	Preston Harriers	697	0:46:47	8055	Thomas Almond	Reigate Priory AC
600	0:45:58	7796	Philip Livermore	North Leeds Fell Runners	698	0:46:47	6421	Mark Appleton	Bromsgrove & Redditch
601	0:45:58	6333	Daniel Kennedy	Blackheath & Bromley Harriei	699	0:46:47	7932	Daren Nockels	Penistone Footpath Runners
602	0:45:59	7981	Richard Shuttleworth	Prestwich AC	700	0:46:48	6350	Alex Muir	Blaydon Harriers & AC
603	0:46:00	6339	George Scharopoulos	Blackheath & Bromley Harriei	701	0:46:50	8543	Dean Cross	Sutton in Ashfield Harriers & .
604	0:46:00	8340	Carl Aveyard	Shrewsbury AC	702	0:46:50	6218	Darren Robert Edge	Beverley AC
605	0:46:02	8701	Daniel Watt	Tonbridge AC	703	0:46:51	7037	Robert Tuer	Hercules Wimbledon AC
606	0:46:02	8864	Christopher Ward	Wakefield District H & AC	704	0:46:51	7408	Gregory Hull	Leeds City AC
607	0:46:03	7960	Steve Lowe	Pontefract AC	705	0:46:51	8349	Chris Dix	Solihull & Small Heath AC
608	0:46:03	6145	Geoffrey Beetham	Barrow Runners	706	0:46:52	6640	James Griggs	Coventry Godiva Harriers
609	0:46:03	7303	Arif Merali	Kent AC	707	0:46:52	7820	Jack Hustwitt	North York Moors AC
610	0:46:05	8019	Gary Rowling	Queensbury RC	708	0:46:54	7982	David Alcock	Pudsey & Bramley AC
611	0:46:05	6737	Thomas South	Dulwich Runners AC	709	0:46:55	7038	Alex Percy	Hermitage Harriers
612	0:46:06	6028	Bradley Walker	Ackworth RR	710	0:46:55	7734	Neil Dixon	Newcastle Staffs AC
613	0:46:07	7518	Marius Thies	London Frontrunners	711	0:46:55	7620	Oliver Dickinson	Manx Harriers
614	0:46:07	6169	Steven Herring	Bedford & County AC	712	0:46:56	6447	Craig Dyce	Cambridge & Coleridge AC
615	0:46:08	8222	John Lloyd	Salford Harriers & AC	713	0:46:56	6887	Owen Parry	Gloucester AC
616	0:46:09	6849	Stuart Spencer	Fitmums & Friends	714	0:46:57	8277	Alex Hoggard	Selby Striders
617	0:46:09	7498	Simon Brown	London City AC	715	0:46:57	6860	Thomas Daley	Fulham RC
618	0:46:09	7860	Tim Hatten	Notts AC	716	0:46:58	6492	Adrian Bellwood	Chester Triathlon Club
619	0:46:10	6520	Gary Scott	Chorlton Runners	717	0:46:58	8454	Andrew Wilson	St Helens Sutton AC
620	0:46:10	7085	Adam Lennox	Highgate Harriers	718	0:46:59	7731	Mark Hatton	Newcastle (Staff) Tri Club
621	0:46:11	6548	Morricone Jack	City Of Norwich AC	719	0:46:59	6823	Paul Boddey	Eton Manor AC
622	0:46:11	7129	Anthony Squire	Holme Pierrepont RC	720	0:47:00	6704	James Mumford	Denby Dale AC
623	0:46:11	6864	Stephen McLeod	Fulham RC	721	0:47:00	7143	Philip Hewitt	Holmfirth Harriers AC
624	0:46:11	7740	Tim Sharman	Newcastle Staffs AC	722	0:47:01	6340	Jonathan Vintner	Jonkheath & Bromley Harrie
625	0:46:11	6855	Martin Hunt	Formula One Circuit Crew	723	0:47:02	7835	Liam Mills	Northbrook AC
626	0:46:12	7382	James Bostock	Leeds & Bradford Triathlon Cl	724	0:47:02	6753	Sam Ashcroft	Ealing Southall & Middlesex F
627	0:46:12	6861	Leo Gebbie	Fulham RC	725	0:47:02	7016	Carl Hanaghan	Helm Hill Runners
628	0:46:12	8592	Tom Greenwood	Thames Hare & Hounds	726	0:47:03	7609	Rob Harper	Manchester Triathlon Club
629	0:46:13	8933	Adam Stirr	Wharfedale Harriers	727	0:47:03	6745	Jonathan Wilkinson	Durham City Harriers & AC
630	0:46:13	7858	Sam Godwin	Notts AC	728	0:47:03	8563	Elliott Drummond	Swinton RC
631	0:46:13	6807	Graeme Watt	Elvet Striders	729	0:47:04	8059	Andrew Walker	Reigate Priory AC
632	0:46:14	8536	John Cook	Sunderland Strollers	730	0:47:04	8890	Jeff Lucas	Werrington Joggers
633	0:46:15	6998	John Whitehead	Havering AC	731	0:47:05	8784	David Wright	Tyne Bridge Harriers
634	0:46:15	6495	Paul Hancock	Chester Triathlon Club	732	0:47:05	7856	William Dixon	Notts AC
635	0:46:15	7232	Adam McKenna	Invicta East Kent AC	733	0:47:05	8204	Matthew Spragg	Sale Harriers Manchester
636	0:46:16	7532	Peter Gould	London Heathside	734	0:47:06	7851	Carl White	Norwich RR
637	0:46:16	7608	Andy Adkin	Manchester Triathlon Club	735	0:47:06	7510	Fergal Joyce	London Frontrunners
638	0:46:16	6010	Simon Jones	Abbey Runners	736	0:47:06	8270	Gary Crompton	Scunthorpe & District AC
639	0:46:16	8687	Simon Fraser	Tonbridge AC	737	0:47:07	8365	Philip Pearson	South London Harriers
640	0:46:17	7294	Edward Hadlow	Kent AC	738	0:47:07	7537	Daniel Johns	London Heathside
641	0:46:17	8774	David Moir	Tyne Bridge Harriers	739	0:47:08	8290	Isaac Leigh	Serpentine RC
642	0:46:18	8785	Andy Green	Tynedale Harriers & AC	740	0:47:10	7704	Michael Chapman	Nene Valley Harriers
643	0:46:18	7075	Tom Crowley	Highgate Harriers	741	0:47:10	7545	Jake Spencer	London Heathside
644	0:46:18	7184	Rory Graham	Houghton Harriers & AC	742	0:47:10	6558	Adam O'Hara	City Of Portsmouth AC
645	0:46:19	8829	Huw Lippiatt	Valley Striders AC	743	0:47:10	6889	James Walters	Gloucester AC
646	0:46:19	6462	Paul Veitch	Cambridge & Coleridge AC	744	0:47:11	6409	Matthew Bond	Bristol & West AC
647	0:46:20	6316	Calum James Holmes	Blackburn Harriers & AC	745	0:47:11	8881	Tim Nicholson	Wallsend Harriers & AC
648	0:46:20	8375	Paul Stewart	South Shields Harriers & AC	746	0:47:11	7969	Lee Foley	Preston Harriers
649	0:46:20	6790	Lewis Suddaby	East Hull Harriers & AC	747	0:47:12	6615	Karl Greensmith	Cleethorpes & District AC
650	0:46:21	7640	Steve Tuttle	Marshall Milton Keynes AC	748	0:47:13	6470	Christian Poulton	Cambridge Harriers
651	0:46:21	8706	Toby Ryan	Tonbridge AC	749	0:47:14	6534	Adrian Bushby	City of Hull AC
652	0:46:21	8215	Michael Heaney	Salford Harriers & AC	750	0:47:14	6634	Andrew Boon	Coventry Godiva Harriers
653	0:46:22	7778	Matthew Wilkinson	Nidd Valley RR	751	0:47:15	7386	Jack Allison	Leeds City AC
654	0:46:22	6681	Phil Oddy	Dacorum & Tring AC	752	0:47:15	6918	Lee Lintern	Guildford & Godalming AC
655	0:46:22	8301	Philip Whitehouse	Serpentine RC	753	0:47:16	8980	Daniel Brazier	Wolverhampton & Bilston
656	0:46:24	8570	Eliot Ball	Team Bath AC	754	0:47:16	9033	Simon Collins	York Knavesmire Harriers
657	0:46:24	7447	Rob Sim	Lincoln & District Runners	755	0:47:16	6571	Alex Boynton	City of York AC
658	0:46:25	8257	Martin Fillingham	Saltaire Striders	756	0:47:17	8177	Mike Ashby	Sale Harriers Manchester
659	0:46:25	7413	Martin Roscoe	Leeds City AC	757	0:47:17	8168	Graham Moffatt	Rushcliffe AC
660	0:46:26	7828	Rory Anderson	Northbrook AC	758	0:47:18	7527	Joseph Clemoes	London Heathside
661	0:46:27	7336	Gregan Clarkson	Kingston upon Hull AC	759	0:47:18	6215	Joel Paisley	Belper Harriers
662	0:46:28	6832	Chris Tait	Eton Manor AC	760	0:47:18	6572	Mark Cage	City of York AC
663	0:46:28	8930	David Kirkham	Wharfedale Harriers	761	0:47:18	9050	Tom Ratcliffe	York Knavesmire Harriers
664	0:46:28	8858	Dariusz Kabulski	Victoria Park Harriers & Towe	762	0:47:19	8103	Michael Hunt	Rossendale Harriers & AC
665	0:46:28	6383	Iain Jones	Bournville Harriers	763	0:47:19	8242	Ben Farrelly	Salford Metropolitan AC
666	0:46:29	6719	John Donnelly	Derwentside AC	764	0:47:20	8951	Jim Pendrill	Wilmslow RC
667	0:46:30	6032	Thomas Bowerman	Aldershot Farnham & District	765	0:47:20	7363	Torsten Roesler	Knowle & Dorrige RC
668	0:46:32	8361	Joseph Lyne	South London Harriers	766	0:47:21	8446	John Appleton	St Helens Sutton AC
669	0:46:33	8487	Hal Roberts	Steel City Striders RC	767	0:47:22	8745	Luke Barker	Trent Park RC
670	0:46:34	6899	James McReesh	Gosforth Harriers & AC	768	0:47:22	7032	James Miller	Hercules Wimbledon AC
671	0:46:34	6396	Josh Taylor	Bridlington RR	769	0:47:23	8831	Gary Mann	Valley Striders AC
672	0:46:35	7442	Benjamin Corfield	Leighton Buzzard AC	770	0:47:23	8255	Andy Brown	Saltaire Striders
673	0:46:35	8932	David McGuire	Wharfedale Harriers	771	0:47:23	6732	Des Crinion	Dulwich Runners AC
674	0:46:35	8619	Gordon Low	Thames Valley Harriers	772	0:47:25	6452	Alastair Hodges	Cambridge & Coleridge AC
675	0:46:36	8723	Aidan Linskill	Totley AC	773	0:47:25	6282	Lee Harris	Birchfield Harriers
676	0:46:36	7248	Jonathan Law	Jesmond Joggers	774	0:47:26	7103	Scott Farley	Hillingdon AC
677	0:46:36	7789	Richard Start	North Derbyshire RC	775	0:47:26	6930	Jonathan Lewis	Halesowen ACC
678	0:46:36	8386	Steven Underwood	Southampton AC	776	0:47:27	8188	Olivier Gaillemin	Sale Harriers Manchester
679	0:46:37	8743	Paul Oldham	Trawden AC	777	0:47:28	6717	Mark Davinson	Derwentside AC
680	0:46:37	9020	Paul Gilbert	Wycombe Phoenix Harriers &	778	0:47:28	6046	Ashley Quinlan	Aldershot Farnham & District
681	0:46:38	6595	Adam Walker	Clapham Chasers	779	0:47:28	8028	Christopher Whittaker	Radcliffe AC
682	0:46:39	7745	Bradley Wilsher	Newcastle University AC	780	0:47:29	8311	Robert Rigby	Shaftesbury Barnet Harriers
683	0:46:39	7114	Philip Warburton	Hillingdon AC	781	0:47:29	8294	Andrew Orr	Serpentine RC
684	0:46:39	6879	Jonathan Malley	Gateshead Harriers & AC	782	0:47:30	7124	James Kirkwood	Holme Pierrepont RC
685	0:46:40	8253	Kevin Waterhouse	Salford Metropolitan AC	783	0:47:30	8497	James Corden	Stockport Harriers & AC
686	0:46:40	6698	Daniel Jackson	Dartford Harriers AC	784	0:47:30	6948	Carl Edgell	Hallamshire Harriers Sheffield

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
785	0:47:31	7880	Eric Fowler	Nuneaton Harriers	883	0:48:30	7308	Leonard Reilly	Kent AC
786	0:47:31	6292	Ben Beaumont	Birmingham Running Athletic	884	0:48:30	8320	Chris Ireland	Sheffield RC
787	0:47:32	8341	Luke Butler	Shrewsbury AC	885	0:48:31	7438	Phillip Williams	Leigh Harriers & AC
788	0:47:33	7983	Neil Armitage	Pudsey & Bramley AC	886	0:48:31	6338	Chris Tuck	Blackheath & Bromley Harrie
789	0:47:34	7172	Daniel Gilbert	Horwich R M I Harriers	887	0:48:31	8895	Mark Belfield	Wesham RR & AC
790	0:47:34	8026	Robert Short	Radcliffe AC	888	0:48:31	8281	David Campbell	Serpentine RC
791	0:47:35	7780	Tim Clayton	North Derbyshire RC	889	0:48:31	7096	Rob Walker	Highgate Harriers
792	0:47:35	6903	Jonny Stephenson	Gosforth Harriers & AC	890	0:48:31	6623	Bryan Lomas	Congleton Harriers
793	0:47:35	8352	Billy Casserley	South London Harriers	891	0:48:32	6893	Maurice Bourke	Gosforth Harriers & AC
794	0:47:35	6865	Tom Pollard	Fulham RC	892	0:48:34	8518	Andy Perks	Striders Of Croydon
795	0:47:36	6066	Michael Berks	Altrincham & District AC Limi	893	0:48:34	6791	Paul Teece	East Hull Harriers & AC
796	0:47:38	7491	Joe Leadley	Loftus & Whitby AC	894	0:48:35	6262	John Parkin	Bingley Harriers & AC
797	0:47:38	8725	Samuel Mellor	Totley AC	895	0:48:36	8535	Jamie Collin	Sunderland Strollers
798	0:47:39	8935	Paul Bryers	Wigan & District H & AC	896	0:48:38	6102	Henry Eglin	Baldon Runners
799	0:47:41	6991	Martin Chester	Havering AC	897	0:48:38	8248	Anthony Salih	Salford Metropolitan AC
800	0:47:42	6666	John Millington	Croydon Harriers	898	0:48:39	6868	Andrew Stringer	Fulham RC
801	0:47:42	7135	Christopher Beadle	Holmfirth Harriers AC	899	0:48:39	6589	Aidan Mercer	Clapham Chasers
802	0:47:45	6517	Russell Price	Chorlton Runners	900	0:48:39	7814	Richard Atkins	North York Moors AC
803	0:47:45	6940	Simon Johnson	Halifax Harriers & AC	901	0:48:40	8128	Ross Blackburn	Rothwell Harriers & AC
804	0:47:46	8261	Matthew Richardson	Saltaire Striders	902	0:48:41	8565	Stuart Tucker	Swinton RC
805	0:47:47	8747	Thomas Miller	Trent Park RC	903	0:48:42	6062	Bruce Crombie	Alnwick Harriers
806	0:47:47	8985	Ben Pilsbury	Wolverhampton & Bilston	904	0:48:42	8517	Luke Burden	Striders Of Croydon
807	0:47:48	7782	Ashley Crow	North Derbyshire RC	905	0:48:44	7580	Gavin Thompson	Low Fell RC
808	0:47:48	7118	Neil Cooper	Holme Pierrepont RC	906	0:48:44	6271	Robert Williams	Bingley Harriers & AC
809	0:47:49	8820	Paul Fotherby	Valley Striders AC	907	0:48:45	6775	Darren Smith	East Cheshire Harriers & Tam
810	0:47:49	8527	Graeme Pullan	Sunderland Harriers & AC	908	0:48:45	8531	Darren Stoker	Sunderland Harriers & AC
811	0:47:50	7508	Karlwinder Hayer	London Frontrunners	909	0:48:46	9039	Giles Hawking	York Knavesmire Harriers
812	0:47:50	8879	Simon Lyon	Wallsend Harriers & AC	910	0:48:46	6191	William Cockerell	Belgrave Harriers
813	0:47:51	8823	Benjamin Hall	Valley Striders AC	911	0:48:47	6060	Freddie Penrose	Aldridge RC
814	0:47:51	8529	Paul Redman	Sunderland Harriers & AC	912	0:48:48	8550	Neil McAlpine	Sutton Runners
815	0:47:52	7214	Ian Hunter	Ilkerton RC	913	0:48:51	8335	Jed Turner	Sheffield RC
816	0:47:52	6968	Daniel Taylor	Harborough AC	914	0:48:51	7161	Barney Plummer	Horsforth Harriers
817	0:47:53	8538	Chris Dwyer	Sunderland Strollers	915	0:48:52	7133	Mark Wyszynski	Holme Pierrepont RC
818	0:47:54	8906	Andrew Clague	West Cheshire AC	916	0:48:52	6701	Simon Browne	Denby Dale AC
819	0:47:54	8790	Andrew Holland	University of Leicester R & AC	917	0:48:52	7530	Gavin Evans	London Heathside
820	0:47:54	8925	Robert Furness	Wharfedale Harriers	918	0:48:52	6022	Callum Parke	Ackworth RC
821	0:47:55	8697	Dane Poore	Tonbridge AC	919	0:48:53	6538	Jim Harlock	City of Hull AC
822	0:47:55	8512	Tim Hutchinson	Stratford Upon Avon AC	920	0:48:53	6604	Matthew Duckworth	Clayton-le-Moors Harriers
823	0:47:56	6311	Paul Guinan	Blackburn Harriers & AC	921	0:48:54	6098	Chris Burke	Baldon Runners
824	0:47:56	8796	Matthew Goodwin	UTS RC	922	0:48:54	6426	Jonathan Sangster	Burnden RR
825	0:47:57	7524	Steve Armstrong	London Heathside	923	0:48:54	7711	Harrison Miles	Nene Valley Harriers
826	0:47:57	6752	Akira Anzai-Jackson	Ealing Southall & Middlesex A	924	0:48:55	8345	Stephen Waters	Shrewsbury AC
827	0:47:57	7994	Jon Holah	Pudsey Pacers RC	925	0:48:55	8841	Simon Vallance	Valley Striders AC
828	0:47:57	7351	Stephen Morland	Knaresborough Striders	926	0:48:55	6186	Daniel Rawson	Beeston AC
829	0:47:57	7504	Tim Charters	London Frontrunners	927	0:48:56	7385	Mohamed Abshir	Leeds City AC
830	0:47:58	8711	Adam Styles	Tonbridge AC	928	0:48:56	6331	Bertie Harrington	Blackheath & Bromley Harrie
831	0:47:58	8521	Aidan Crowe	Sunderland Harriers & AC	929	0:48:57	7366	Nicholas Woolley	Knowle & Dorridge RC
832	0:47:58	6543	James Rogers	City of Hull AC	930	0:48:58	7219	Tim Ashelford	Ilkley Harriers AC
833	0:47:58	9061	Kyle Nicholls	Liverpool Pembroke & Sefton	931	0:48:58	8435	Paul Broome	Springfield Striders RC
834	0:47:59	8500	Ian Murdoch	Stockport Harriers & AC	932	0:48:58	7929	Richard MacKie	Penistone Footpath Runners
835	0:48:00	6085	Dean Winter	Asknm & District RC	933	0:48:58	8625	Stephen Norris	Thames Valley Harriers
836	0:48:00	8402	Alex Waddelove	Southport Waterloo AC	934	0:48:58	7128	Andrew Soley	Holme Pierrepont RC
837	0:48:01	7426	David Pearce	Leicester Coritanian AC	935	0:48:59	7785	Henry Kay	North Derbyshire RC
838	0:48:01	6616	Paul Greenway	Cleethorpes & District AC	936	0:48:59	6560	David Dempsey	City of Sheffield & Dearne AC
839	0:48:02	8581	Dean Gapper	Telford AC	937	0:49:00	6748	Thomas Irving	Ealing Eagles RC
840	0:48:03	7605	Alex Masidlover	Manchester Harriers & AC	938	0:49:01	7965	Rupert Tory	Poole Runners
841	0:48:04	8976	Mark Hulmston	Wirral AC	939	0:49:01	6335	Fintan Parkinson	Blackheath & Bromley Harrie
842	0:48:05	6423	Andrew Freeman	Bromsgrove & Redditch	940	0:49:01	7710	James Mac Donald	Nene Valley Harriers
843	0:48:05	8139	James Carvello	Roundhay Runners	941	0:49:02	7269	Neil Cressy	Kenilworth Runners
844	0:48:06	6001	Henry Carter	Spenborough & Dist AC	942	0:49:02	8485	Rob Pilling	Steel City Striders RC
845	0:48:06	7676	Jorden Lee Burke	Middleton Harriers AC	943	0:49:03	7916	Mark Weathersby	PACTRAC
846	0:48:06	7959	David Kidd	Pontefract AC	944	0:49:04	7599	Alex Wright	Macclesfield Harriers & AC
847	0:48:07	6249	Tom Gomersall	Bingley Harriers & AC	945	0:49:05	7741	Jerome Stevens	Newcastle Staffs AC
848	0:48:08	6724	Martin James	Doncaster AC	946	0:49:05	9008	Paul Stockings	Woodford Green AC with Ess
849	0:48:09	8093	Richard Stirzaker	Rochdale Harriers & AC	947	0:49:06	6820	Benjamin Standage	Epsom & Ewell Harriers
850	0:48:09	7743	Andrew Walker	Newcastle Staffs AC	948	0:49:06	7659	Patrick Wright	Matlock AC
851	0:48:09	8256	Stuart Dunbar	Saltaire Striders	949	0:49:06	8886	Jack Chubb	Watford Joggers
852	0:48:10	6763	Liam Browne	East Cheshire Harriers & Tam	950	0:49:06	8704	Adam Roeder	Tonbridge AC
853	0:48:11	8702	Joe Watts	Tonbridge AC	951	0:49:07	8137	Jason Westmoreland	Rothwell Harriers & AC
854	0:48:11	6925	Russell Cadwallader	Halesowen ACC	952	0:49:07	7776	Andy Todd	Nidd Valley RR
855	0:48:14	7159	Ben Johnston	Horsforth Harriers	953	0:49:08	6824	Paul Cates	Eton Manor AC
856	0:48:15	6665	Patrick Lucas	Croydon Harriers	954	0:49:08	6796	Phil Cooper	Eden Runners
857	0:48:15	6620	Michael Skelton	Cleethorpes & District AC	955	0:49:08	6485	Michael Bridgeland	Chelmsford AC
858	0:48:17	8275	Chris Lines	Sedgefield Harriers	956	0:49:09	6053	Robert Wakefield	Aldershot Farnham & District
859	0:48:18	7934	Matthew Robinson	Penistone Footpath Runners	957	0:49:10	6916	Ben Friend	Guildford & Godalming AC
860	0:48:18	9058	Robert Ward	York Knavesmire Harriers	958	0:49:10	8184	Conor Donaghy	Sale Harriers Manchester
861	0:48:18	8483	Paul Middlemas	Steel City Striders RC	959	0:49:10	7384	Johnathan Greenwell	Leeds & Bradford Triathlon Cl
862	0:48:18	7723	Thomas Hubbard	Newark AC	960	0:49:11	8325	Chris Moss	Sheffield RC
863	0:48:19	8984	David Norman	Wolverhampton & Bilston	961	0:49:12	7877	Martin Whitehouse	Notts AC
864	0:48:19	7626	Andy Watson	Manx Harriers	962	0:49:12	7573	Ian Hayden	Low Fell RC
865	0:48:21	7066	James Ward	Herne Hill Harriers	963	0:49:12	8082	Dean Taylor	Ripley RC
866	0:48:22	7818	Richard Fawcett	North York Moors AC	964	0:49:13	7562	Alan Graham	Lordshill RR
867	0:48:22	8154	Vincent Carroll	Rugby & Northampton AC	965	0:49:15	8326	Jack Nuttgens	Sheffield RC
868	0:48:22	7865	Gareth Little	Notts AC	966	0:49:16	7667	Gordon Baird	Middlesbrough & Cleveland F
869	0:48:23	6821	Giles Bailey	Eton Manor AC	967	0:49:16	7180	Marcus Taylor	Horwich R M I Harriers
870	0:48:24	7900	Tom Lynch	Otley AC	968	0:49:16	6382	Stephen Forcer	Bournville Harriers
871	0:48:25	7356	Richard Dixon	Knowle & Dorridge RC	969	0:49:16	7069	Russ Ashford	Highgate Harriers
872	0:48:25	7111	Dominic Speight	Hillingdon AC	970	0:49:17	6019	Charles Lines	Ackworth RR
873	0:48:25	7559	Neil Catchlove	Lordshill RR	971	0:49:17	6181	John Evans	Beeston AC
874	0:48:26	8526	Paul Merrison	Sunderland Harriers & AC	972	0:49:17	6710	Chris Jordan	Derby AC
875	0:48:26	7364	Gregory Turner	Knowle & Dorridge RC	973	0:49:18	7080	Dave Fowler	Highgate Harriers
876	0:48:26	7056	Keith Newton	Herne Hill Harriers	974	0:49:19	6304	Karl Oakes	Birtley AC
877	0:48:27	6929	David Lewis	Halesowen ACC	975	0:49:19	6093	Mark Wade	Aycliffe RC
878	0:48:28	8368	Chris Camps	South Shields Harriers & AC	976	0:49:20	7621	Andrew Falconer	Manx Harriers
879	0:48:29	6984	Jonathan Hill	Harrow AC	977	0:49:21	6885	Steven Haines	Gloucester AC
880	0:48:29	6424	Kevin Lanckham	Bromsgrove & Redditch	978	0:49:23	6089	Joby Hobbs	Avon Valley Runners
881	0:48:29	8145	Ben Moakler	Roundhay Runners	979	0:49:23	9041	Darren Hendley	York Knavesmire Harriers
882	0:48:29	7985	Niall Bourke	Pudsey & Bramley AC	980	0:49:24	8129	Paul Brown	Rothwell Harriers & AC

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
981	0:49:25	6351	James Ramshaw	Blaydon Harriers & AC	1079	0:50:22	9030	Barry Atkinson	York Knavesmire Harriers
982	0:49:25	8470	Chris Guy	Steel City Striders RC	1080	0:50:23	7328	Simon Hopkins	Kimberworth Striders
983	0:49:25	8575	Chris Milbourne	Team Bath AC	1081	0:50:23	8637	Malcolm Davies	The Stragglers RC
984	0:49:26	6532	Aaron Willis	Cirencester AC	1082	0:50:24	8025	Chris Paxton	Radcliffe AC
985	0:49:27	6803	James Garland	Elvet Striders	1083	0:50:25	8378	Miles Weston	South Shields Harriers & AC
986	0:49:28	6279	Peter Dimbleby	Birchfield Harriers	1084	0:50:25	8907	Benjamin Collison	West Norfolk AC
987	0:49:28	8481	John Lea-Wilson	Steel City Striders RC	1085	0:50:25	8406	Keith Wilson	Spa Striders
988	0:49:28	8278	Damien Abram	Serpentine RC	1086	0:50:26	8631	Robert Vallance	Thames Valley Harriers
989	0:49:29	6526	Daniel Vasey	Chorlton Runners	1087	0:50:26	8844	Steve Webb	Valley Striders AC
990	0:49:29	6778	Dennis Thomas	East Cheshire Harriers & Tam	1088	0:50:26	7026	James Greene	Hercules Wimbledon AC
991	0:49:29	7571	Richard Conder	Low Fell RC	1089	0:50:27	7181	Tom Atkinson	Houghton Harriers & AC
992	0:49:29	7234	Gavin Whitlock	Invicta East Kent AC	1090	0:50:28	8024	Craig Norman	Raddcliffe AC
993	0:49:30	6222	David Morrison	Beverley AC	1091	0:50:28	6718	Steven Dickson	Derwentside AC
994	0:49:30	8509	Tim Larke	Stowmarket Striders RC	1092	0:50:28	7045	Trevor Chilton	Herne Hill Harriers
995	0:49:30	7979	Matthew Brennan	Prestwich AC	1093	0:50:29	6240	William Duggan	Bingley Harriers & AC
996	0:49:30	7974	Chris Wales	Preston Harriers	1094	0:50:29	7112	Mark Speight	Hillingdon AC
997	0:49:31	6663	Kartik Iyer	Croydon Harriers	1095	0:50:30	7261	Duncan Copley	Kendal AAC
998	0:49:31	8838	James Tarran	Valley Striders AC	1096	0:50:30	7558	Robert Daniel Agar	Lordshill RR
999	0:49:32	7352	Ted Welton	Knaresborough Striders	1097	0:50:31	8748	Michael Prior	Trent Park RC
1000	0:49:32	7421	Robert Torch	Leeds City AC	1098	0:50:31	6070	Dan Martell	Altrincham & District AC Limi
1001	0:49:33	6147	Karl Barker	Barton & District AC	1099	0:50:31	8713	Martyn Breslan	Torbay AAC
1002	0:49:34	7589	Chris Goodfellow	Macclesfield Harriers & AC	1100	0:50:32	6504	Paul Brown	Chorlton Runners
1003	0:49:35	8099	Tom Mowbray	Rolls Royce Harriers	1101	0:50:32	7809	David Quinn	North Shields Polytechnic Clu
1004	0:49:36	6703	Ross McClelland	Denby Dale AC	1102	0:50:32	8564	Dan Sutton	Swinton RC
1005	0:49:36	7147	Damian McQueen	Holmfirth Harriers AC	1103	0:50:33	6901	Neil Ramsay	Gosforth Harriers & AC
1006	0:49:37	8268	Jim Thompson	Saltwell Harriers	1104	0:50:33	8289	William Lake	Serpentine RC
1007	0:49:37	7064	Edward Turner	Herne Hill Harriers	1105	0:50:35	7829	Robert Barry	Northbrook AC
1008	0:49:39	6817	Simon Bean	Epsom & Ewell Harriers	1106	0:50:36	6150	Mark Nettleton	Barton & District AC
1009	0:49:40	6137	Melvin Wallace	Barnsley AC	1107	0:50:36	8772	John Hurse	Tyne Bridge Harriers
1010	0:49:41	7245	Michael Thornton	Jarrow & Hebburn AC	1108	0:50:36	6937	Ryan Barker	Halifax Harriers & AC
1011	0:49:41	8337	Matt Reed	Sheffield Tri Club	1109	0:50:37	8439	Jonathan Hughes	Springfield Striders RC
1012	0:49:41	6176	Simon Barnes	Beeston AC	1110	0:50:38	6825	David Cato	Eton Manor AC
1013	0:49:42	7430	Allister Goulding	Leigh Harriers & AC	1111	0:50:39	7243	Patrick McShane	Jarrow & Hebburn AC
1014	0:49:42	6061	Mark Shaw	Aldridge RC	1112	0:50:39	8211	Paul Creighton	Salford Harriers & AC
1015	0:49:43	7014	Ian Robinson	Heaton Harriers & AC	1113	0:50:41	6257	Mark Leigh	Bingley Harriers & AC
1016	0:49:44	6988	Russ Keen	Hastings AC	1114	0:50:41	8967	David Vossler	Winchester & District AC
1017	0:49:45	7806	Vaughan Hemy	North Shields Polytechnic Clu	1115	0:50:42	7538	Jonathan Litchfield	London Heathside
1018	0:49:46	7105	Paul Leppard	Hillingdon AC	1116	0:50:42	8421	Paul Webster	Sparkhill Harriers
1019	0:49:47	8473	Tim Holt	Steel City Striders RC	1117	0:50:43	8013	Phil Pennall	Quays RC
1020	0:49:48	7521	Stephen Woodgate	London Fronrunners	1118	0:50:43	7049	Eric Dol	Herne Hill Harriers
1021	0:49:49	8427	Ian Wilson	Spenborough & Dist AC	1119	0:50:44	8372	Jeff McGurty	South Shields Harriers & AC
1022	0:49:49	8336	Matthew Worthington	Sheffield RC	1120	0:50:44	7132	Sam Williams-Duncan	Holme Pierrepont RC
1023	0:49:49	7094	Richard Stewart	Highgate Harriers	1121	0:50:46	8081	Matt Jones	Ripley RC
1024	0:49:50	6779	Shaun Alcock	East Hull Harriers & AC	1122	0:50:47	7946	Ralph Pawling	Pensby Runners
1025	0:49:50	6484	Nick White	Charnwood AC	1123	0:50:47	7715	Andrew M Todd	Nene Valley Harriers
1026	0:49:50	7327	Neil Grocutt	Kimberworth Striders	1124	0:50:48	7347	Rowan Temple	Kirkstall Harriers
1027	0:49:51	7719	Timothy Baggaley	Newark AC	1125	0:50:49	7130	John Sutherns	Holme Pierrepont RC
1028	0:49:51	8746	Luke Bowie	Trent Park RC	1126	0:50:49	7360	Daniel Malone	Knowle & Dorridge RC
1029	0:49:51	6959	Robert Wapshott	Hallamshire Harriers Sheffield	1127	0:50:50	8508	Edward Davies	Stourbridge RC
1030	0:49:51	7649	Gary Lawson	Massey Ferguson RC	1128	0:50:50	7716	Duane Tomaselli	Nene Valley Harriers
1031	0:49:52	6856	Paul Barnes	Fulham RC	1129	0:50:50	6200	Stevan Jones	Belgrave Harriers
1032	0:49:52	8920	Paul Windle	Wetherby Runners AC	1130	0:50:51	8724	Colin Lynch	Totley AC
1033	0:49:53	7528	Matt Collins	London Heathside	1131	0:50:51	7972	Simon Robinson	Preston Harriers
1034	0:49:53	8766	David Daniels	Tyne Bridge Harriers	1132	0:50:52	8390	Alec Louis Kyriakides	Southend On Sea AC
1035	0:49:53	6751	Kieran Santry	Ealing Eagles RC	1133	0:50:52	7854	George Birt	Notts AC
1036	0:49:54	8751	Adam Grew	Trentham RC	1134	0:50:52	8369	Lee Hetherington	South Shields Harriers & AC
1037	0:49:54	6029	Gavin Walker	Ackworth RR	1135	0:50:53	8562	Steven Doxey	Swinton RC
1038	0:49:54	7662	Adam Featherstone	Medway & Maidstone AC	1136	0:50:54	8523	David Lash	Sunderland Harriers & AC
1039	0:49:55	6386	Stuart Pearson	Bournville Harriers	1137	0:50:54	8756	Luke Woodward	Trentham RC
1040	0:49:55	8381	Paul Johnson	Southampton AC	1138	0:50:55	8944	Stuart Towns	Wigan & District H & AC
1041	0:49:56	9042	Toby Hone	York Knavesmire Harriers	1139	0:50:56	6965	Jamie McAllister	Harborough AC
1042	0:49:57	7000	Lee D'Arcy	Heanor RC	1140	0:50:56	6907	Robert Howbrook	Grantham RC
1043	0:49:57	7822	Paul McGough	North York Moors AC	1141	0:50:57	7432	John Howarth	Leigh Harriers & AC
1044	0:49:57	7963	Joe Godden	Poole Runners	1142	0:50:58	6714	John Rippon	Derwent Valley Trail Runners
1045	0:49:59	7938	Rob Beech	Pensby Runners	1143	0:50:58	6302	Peter Gill	Birtley AC
1046	0:49:59	7844	David Houghton	Norwich RR	1144	0:50:59	6230	Stephen John Roe	Billingham Marsh Hse H & AC
1047	0:50:00	9017	Stephen Gill	Wrekin RR	1145	0:51:00	6569	Ed Wilson	City of Stoke AC
1048	0:50:01	6720	Graham Marshall	Derwentside AC	1146	0:51:00	6646	Jose Ortiz Gonzalez	Coventry Godiva Harriers
1049	0:50:01	7769	Martin Lofthouse	Nidd Valley RR	1147	0:51:01	8917	Alex Matthewson	Wetherby Runners AC
1050	0:50:02	8874	David Diston	Wallsend Harriers & AC	1148	0:51:02	8674	Alan Buckle	Tonbridge AC
1051	0:50:03	8753	Daniel Jordan	Trentham RC	1149	0:51:03	6859	Christopher Cooper	Fulham RC
1052	0:50:04	8738	David Maher	Trafford AC	1150	0:51:04	7006	Thomas Andrew Bell	Heaton Harriers & AC
1053	0:50:05	7888	Lee Robinson	Oldham & Royton H & AC	1151	0:51:04	9040	Rory Henderson	York Knavesmire Harriers
1054	0:50:05	8482	Alasdair Menmuir	Steel City Striders RC	1152	0:51:05	7561	James Fanning	Lordshill RR
1055	0:50:06	7696	David Nicholson	Morpeth Harriers & AC	1153	0:51:05	8328	Craig Renton	Sheffield RC
1056	0:50:06	7277	Stewart Underhill	Kenilworth Runners	1154	0:51:05	7595	Neil Pettie	Macclesfield Harriers & AC
1057	0:50:07	6079	Andrew Noble	Ashford & District RRC	1155	0:51:06	7256	Pete Lloyd	Keighley & Craven AC
1058	0:50:08	6798	Matthew Archer	Elvet Striders	1156	0:51:06	8097	Ian Harrison	Rodillian Runners
1059	0:50:09	8566	Kevin Woodward	Swinton RC	1157	0:51:08	6266	Clive Smith	Bingley Harriers & AC
1060	0:50:09	6928	James Hoult	Halesowen ACC	1158	0:51:09	6373	Stuart Glenister	Bournemouth AC
1061	0:50:10	7127	Chris Rhodes	Holme Pierrepont RC	1159	0:51:09	8157	Nigel Roberts	Rugby & Northampton AC
1062	0:50:10	7991	Jake Birkby	Pudsey Pacers RC	1160	0:51:10	7964	Colin Somers	Poole Runners
1063	0:50:11	8098	Robert Hoban	Rodillian Runners	1161	0:51:10	7885	Paul Bartholomew	Oldham & Royton H & AC
1064	0:50:11	7189	Steven Church	Huntingdonshire AC	1162	0:51:10	7793	Nicholas Fielden	North Leeds Fell Runners
1065	0:50:11	8950	Trevor Morris	Wilmslow RC	1163	0:51:10	6507	Anthony Everitt	Chorlton Runners
1066	0:50:12	7444	Warren Rose	Leighton Buzzard AC	1164	0:51:11	6104	Lee Kaznowski	Baildon Runners
1067	0:50:13	7813	Chris Waite	North Shields Polytechnic Clu	1165	0:51:11	6229	Chris Jefferies	Billingham Marsh Hse H & AC
1068	0:50:13	8195	Alastair Knockton	Sale Harriers Manchester	1166	0:51:12	8334	James Thompson	Sheffield RC
1069	0:50:17	6614	Paul Evison	Cleethorpes & District AC	1167	0:51:12	6182	Mike Kirk	Beeston AC
1070	0:50:18	6682	David Olima	Dacorum & Tring AC	1168	0:51:12	6227	Gary Dack	Billingham Marsh Hse H & AC
1071	0:50:19	6575	Ed Mezzetti	City of York AC	1169	0:51:12	8835	Paul Smith	Valley Striders AC
1072	0:50:20	7230	David Westhead	Ilkley Harriers AC	1170	0:51:13	8657	Zabie Hassan	Tipton Harriers
1073	0:50:20	6265	James Senior	Bingley Harriers & AC	1171	0:51:13	7622	Andrew Fox	Manx Harriers
1074	0:50:20	8872	Joseph Collins	Wallsend Harriers & AC	1172	0:51:14	8460	Malcolm Baggaley	Steel City Striders RC
1075	0:50:21	8315	Robert Addenbrooke	Sheffield RC	1173	0:51:15	8267	Paul Smith	Saltwell Harriers
1076	0:50:21	7989	Graham Pilling	Pudsey & Bramley AC	1174	0:51:16	6303	Nicholas Newby	Birtley AC
1077	0:50:21	6786	Martin Oliver	East Hull Harriers & AC	1175	0:51:17	7252	Robert Willers	Jesmond Loggers
1078	0:50:22	8180	Paul Barrett	Sale Harriers Manchester	1176	0:51:19	7153	Neil Thornton	Holmfirth Harriers AC

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1177	0:51:20	6107	Jeff Singleton	Baildon Runners	1275	0:52:18	6205	James Morris	Belgrave Harriers
1178	0:51:20	7889	Daniel Timperley	Oldham & Royton H & AC	1276	0:52:18	6659	Glenn Barden	Croydon Harriers
1179	0:51:20	6624	Stuart Rider	Congleton Harriers	1277	0:52:19	7119	Gary Cragg	Holme Pierrepont RC
1180	0:51:21	6180	David Evans	Beeston AC	1278	0:52:19	8148	Joe Steele	Roundhay Runners
1181	0:51:22	6125	Robert Scott	Barnet & District AC	1279	0:52:21	6540	James Matthews	City of Hull AC
1182	0:51:22	8765	Alasdair Blain	Tyne Bridge Harriers	1280	0:52:22	6831	Rob Sommerville	Eton Manor AC
1183	0:51:22	7548	Chris Vincent	London Heathside	1281	0:52:22	8003	Rob Dent	Quakers RC
1184	0:51:24	6981	Paul Stockburn	Harrogate Harriers & AC	1282	0:52:25	7948	Simon Rogers	Pensby Runners
1185	0:51:25	7398	Martin Farran	Leeds City AC	1283	0:52:26	7816	Darren Clements	North York Moors AC
1186	0:51:26	7995	Thomas Keighley	Pudsey Pacers RC	1284	0:52:26	7344	Alan O'Brien	Kirkstall Harriers
1187	0:51:26	6030	Joe Worthington	Ackworth RR	1285	0:52:27	8877	Danny Hughes	Wallsend Harriers & AC
1188	0:51:27	6376	Stewart Bond	Bournville Harriers	1286	0:52:27	6136	Liam Tart	Barnsley AC
1189	0:51:28	8715	Steve Weeks	Torbay AAC	1287	0:52:27	6574	Sam Lynn	City of York AC
1190	0:51:28	8749	Mark Easley	Trentham RC	1288	0:52:27	7249	Chris Lawrence	Jesmond Joggers
1191	0:51:29	6097	James Bryson	Baildon Runners	1289	0:52:28	6964	David MacLean	Harborough AC
1192	0:51:30	8732	Dan Atkinson	Trafford AC	1290	0:52:29	7799	Daniel Starkey	North Leeds Fell Runners
1193	0:51:31	7795	Ian Furlong	North Leeds Fell Runners	1291	0:52:30	7203	Chris Carrick	Hyde Park Harriers
1194	0:51:31	7827	Phillip Utley	North York Moors AC	1292	0:52:32	7280	Luke Armitage	Kent AC
1195	0:51:31	6736	Stephen Smythe	Dulwich Runners AC	1293	0:52:32	6293	Martin Cleaver	Birmingham Running Athletic
1196	0:51:32	7648	Ross Thomas Cooper	Massey Ferguson RC	1294	0:52:33	8884	Andy Wigmore	Wallsend Harriers & AC
1197	0:51:34	8017	Andrew Dovernor	Queensbury RC	1295	0:52:33	7588	Joe De Sousa	Macclesfield Harriers & AC
1198	0:51:34	7440	Matthew Brooks	Leighton Buzzard AC	1296	0:52:34	7853	Ben Abbott	Notts AC
1199	0:51:34	7941	Kevin Charleston	Pensby Runners	1297	0:52:35	7917	Richard Wright	PACTRAC
1200	0:51:36	7273	Russell Graham	Kenilworth Runners	1298	0:52:36	8940	Mike Harris	Wigan & District H & AC
1201	0:51:37	8096	Brent Carlin	Rodillian Runners	1299	0:52:37	6670	Colin Oxlade	Croydon Harriers
1202	0:51:37	8350	Steven Howes	Solihull & Small Heath AC	1300	0:52:37	8919	Robert Whitaker	Wetherby Runners AC
1203	0:51:38	7013	Calum Mills	Heaton Harriers & AC	1301	0:52:39	6527	Stephen Welch	Chorton Runners
1204	0:51:38	8461	Andy Buck	Steel City Striders RC	1302	0:52:40	6869	Ben Thornton	Fulham RC
1205	0:51:38	8049	Paul Newton	Redhill RR	1303	0:52:41	8227	Phillip Quibell	Salford Harriers & AC
1206	0:51:39	7839	Craig Slyde	Northbrook AC	1304	0:52:42	7651	Jason Nicholson	Massey Ferguson RC
1207	0:51:39	8669	Tobin Bird	Tonbridge AC	1305	0:52:42	6436	David Soles	Buxton AC
1208	0:51:40	6347	Neil Fellows	Blaydon Harriers & AC	1306	0:52:43	8511	Malcolm Bowyer	Stratford Upon Avon AC
1209	0:51:41	7397	Simon Ellis	Leeds City AC	1307	0:52:43	8733	Blake Ellis	Trafford AC
1210	0:51:42	8015	Simon Brady	Queensbury RC	1308	0:52:46	6996	Steve Walker	Havering AC
1211	0:51:42	6755	Robert Brown	Ealing Southall & Middlesex A	1309	0:52:46	7579	Ian Marriott	Low Fell RC
1212	0:51:43	6368	Kevin Hull	Border Harriers & AC	1310	0:52:46	6586	Mike Haynes	Clapham Chasers
1213	0:51:43	6433	Daniel Latham	Buxton AC	1311	0:52:46	8251	Liam Towers	Salford Metropolitan AC
1214	0:51:43	7848	Paul Smith	Norwich RR	1312	0:52:47	6273	Simon Wright	Bingley Harriers & AC
1215	0:51:44	6781	Tim Groves	East Hull Harriers & AC	1313	0:52:48	7190	Derek Darnell	Huntingdonshire AC
1216	0:51:45	8027	Ian Warrington	Radcliffe AC	1314	0:52:49	7342	Kevin Longmate	Kirkstall Harriers
1217	0:51:45	6096	Dan Binks	Baildon Runners	1315	0:52:50	8620	James Malcolm	Thames Valley Harriers
1218	0:51:45	6909	Andrew Pask	Grantham RC	1316	0:52:50	6621	Daniel Snook	Cleethorpe & District AC
1219	0:51:45	6357	Henry Madden	Blyth RC	1317	0:52:50	6138	Anthony Bissell	Barnsley Harriers
1220	0:51:45	8647	Tom Acha	Tipton Harriers	1318	0:52:51	7009	Andy Duguid	Heaton Harriers & AC
1221	0:51:47	6554	Mark Solway	City Of Norwich AC	1319	0:52:51	7945	Gary Parker	Pensby Runners
1222	0:51:47	7428	Martin Conroy	Leigh Harriers & AC	1320	0:52:52	6999	Nicholas Tuttle	Headington RR
1223	0:51:47	8730	Sam Thompson	Totley AC	1321	0:52:53	7110	David Smith	Hillingdon AC
1224	0:51:47	7646	David Clarke	Massey Ferguson RC	1322	0:52:53	8070	Anthony Jefford	Richmond & Zetland Harriers
1225	0:51:48	7216	Andrew Mitchell	Ilkeston RC	1323	0:52:54	7343	Adam Moger	Kirkstall Harriers
1226	0:51:48	7535	Liam Hazelton	London Heathside	1324	0:52:54	8978	Nick Wilson	Wirral AC
1227	0:51:49	6894	Matthew Gwilym	Gosforth Harriers & AC	1325	0:52:55	6008	Owen Hilton	Abbey Runners
1228	0:51:50	8696	Mark Pitcairn-Knowles	Tonbridge AC	1326	0:52:55	7971	Neil McDonald	Preston Harriers
1229	0:51:51	7928	Daniel Limb	Penistone Footpath Runners	1327	0:52:55	7116	Joseph Langham	Hinckley RC
1230	0:51:52	8265	Matt O'Brien	Saltwell Harriers	1328	0:52:56	8392	Matthew Randall	Southend On Sea AC
1231	0:51:53	8905	Andrew Carter	West Cheshire AC	1329	0:52:56	6818	Andrew Fay	Epsom & Ewell Harriers
1232	0:51:53	7461	Justin Williams	Lincoln Wellington AC	1330	0:52:56	7338	Tim Dixon	Kirkstall Harriers
1233	0:51:53	7516	James Relp	London Frontrunners	1331	0:52:56	7533	Thomas Griffiths	London Heathside
1234	0:51:54	7563	Mathew Pidgeon	Lordshill RR	1332	0:52:57	8088	Alex Frost	Rochdale Harriers & AC
1235	0:51:54	6854	Paul Griffiths	Formula One Circuit Crew	1333	0:52:59	6140	Paul Fordham	Barnsley Harriers
1236	0:51:54	8150	Ali White	Roundhay Runners	1334	0:53:01	8300	James Turner	Serpentine RC
1237	0:51:55	8850	Dylan Rickerby	Vegan Runners UK	1335	0:53:02	8554	Simon Thornhill	Sutton Runners
1238	0:51:55	6319	Gary Pearse	Blackburn Harriers & AC	1336	0:53:03	8555	Luke Byrne	Swindon Harriers
1239	0:51:56	9064	Tristan Featherby	Pocklington Runners	1337	0:53:03	7507	Shane Cullinan	London Frontrunners
1240	0:51:56	6911	Matthew Williamson	Grantham RC	1338	0:53:03	6468	Graham Maynard	Cambridge Harriers
1241	0:51:56	8690	Ross Kinloch	Tonbridge AC	1339	0:53:04	8447	Matt Blake	St Helens Sutton AC
1242	0:51:57	6702	Andrew Dufeu	Denby Dale AC	1340	0:53:04	7722	Oliver Crampton	Newark AC
1243	0:51:57	7832	Tommy Dempsey	Northbrook AC	1341	0:53:05	6667	James Moore	Croydon Harriers
1244	0:51:57	8092	Ian Stainthorpe	Rochdale Harriers & AC	1342	0:53:06	6486	Matthew Evans	Cheltenham & County Harrie
1245	0:51:57	7543	Andrew Owen	London Heathside	1343	0:53:06	6435	Andrew Lidstone	Buxton AC
1246	0:51:58	8124	Richard Parker	Rotherham Harriers & AC	1344	0:53:07	8254	Shane Wolstencroft	Salford Metropolitan AC
1247	0:51:58	7819	Anthony Harnett	North York Moors AC	1345	0:53:08	7485	Chris Pedder	Liverpool Pembroke & Sefton
1248	0:51:59	6178	Angus Davison	Beeston AC	1346	0:53:09	6708	Tom Shelton	Denby Dale AC
1249	0:52:00	7997	Mark Orbell	Pudsey Pacers RC	1347	0:53:09	8780	John Tollitt	Tyne Bridge Harriers
1250	0:52:00	8982	Mark Homer	Wolverhampton & Bilston	1348	0:53:10	6110	James Austin	Barlick Fell Runners
1251	0:52:01	7773	Nigel Scaife	Nidd Valley RR	1349	0:53:10	8960	Robert Carter	Wolverhampton & District AC
1252	0:52:01	6983	Joe Gammell	Harrow AC	1350	0:53:10	7357	Max Gimson	Knowle & Dorridge RC
1253	0:52:02	6269	Greg Trussell	Bingley Harriers & AC	1351	0:53:12	8714	Anthony Raine	Torbay AAC
1254	0:52:03	7520	Julian Williams	London Frontrunners	1352	0:53:13	6220	Andrew Johnson	Beverly AC
1255	0:52:04	6523	Jamie Stewart	Chorton Runners	1353	0:53:14	7557	James Scholes	Longwood Harriers AC
1256	0:52:05	6301	David Francis	Birtley AC	1354	0:53:15	8834	Ian Sanderson	Valley Striders AC
1257	0:52:05	8250	Paul Stevenson	Salford Metropolitan AC	1355	0:53:15	8817	Mark Farrell	Valley Striders AC
1258	0:52:06	8916	Nils Linstrum	Wetherby Runners AC	1356	0:53:15	8466	Simeon Cotterell	Steel City Striders RC
1259	0:52:07	8828	Graham Jones	Valley Striders AC	1357	0:53:16	7990	Chi Trinh	Pudsey & Bramley AC
1260	0:52:07	7690	Steve Haswell	Morpeth Harriers & AC	1358	0:53:17	8549	Damien Hersey	Sutton Runners
1261	0:52:08	9024	Vlad Nebolsin	Wycombe Phoenix Harriers &	1359	0:53:18	6458	Charlie Ritchie	Cambridge & Coleridge AC
1262	0:52:09	6799	Michael Barlow	Elvet Striders	1360	0:53:18	8307	David Greenstein	Shaftesbury Barnet Harriers
1263	0:52:09	6497	Michael Waring	Chester Triathlon Club	1361	0:53:19	7567	Aaron Rogers	Lordshill RR
1264	0:52:11	8641	Ian Knight	The Stragglers RC	1362	0:53:20	7978	Tom Aldred	Prestwich AC
1265	0:52:13	8456	Ian Sutcliffe	Stadium Runners	1363	0:53:22	8272	Justin Stephenson	Scunthorpe & District AC
1266	0:52:13	8167	Danny McIntyre	Rushcliffe AC	1364	0:53:22	6884	David Gresswell	Gloucester AC
1267	0:52:13	9055	Richard Tarrega	York Knavesmire Harriers	1365	0:53:23	7606	Neil Ryan	Manchester Harriers & AC
1268	0:52:14	8610	Greg Bennett	Thames Valley Harriers	1366	0:53:23	6768	Derek Hughes	East Cheshire Harriers & Tam
1269	0:52:14	7791	Tom Topham	North Derbyshire RC	1367	0:53:23	8318	Afif El Amrani	Sheffield RC
1270	0:52:15	7713	Simon Parkes	Nene Valley Harriers	1368	0:53:23	6738	Jason Catterall	Durham City Harriers & AC
1271	0:52:16	7331	David Bagwell	Kings Heath RC	1369	0:53:23	7549	Andrew Wooding	London Heathside
1272	0:52:16	7970	Kevin Heskest	Preston Harriers	1370	0:53:24	6784	Kris Hopkins	East Hull Harriers & AC
1273	0:52:17	7581	Danny Wade	Low Fell RC	1371	0:53:24	6583	Nicholas Dawkins	Clapham Chasers
1274	0:52:17	8507	Robert Colman	Stourbridge RC	1372	0:53:25	6971	Roger Montgomery	Harpندن Arrows

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1373	0:53:26	6761	Mark Whiteman	Easingwold RC	1471	0:54:34	8744	James Osborne	Trawden AC
1374	0:53:27	6609	Craig Nicholls	Clayton-le-Moors Harriers	1472	0:54:35	6118	Daniel Taylor	Barlick Fell Runners
1375	0:53:27	8876	Adam Hamilton	Wallsend Harriers & AC	1473	0:54:36	8735	Jacob Fletcher	Trafford AC
1376	0:53:29	6059	Mark O'Rourke	Aldridge RC	1474	0:54:38	8002	James Atkinson	Quakers RC
1377	0:53:30	8646	Andy Acha	Tipton Harriers	1475	0:54:39	6356	Craig Harmon	Blyth RC
1378	0:53:31	7824	Jonathan Parker	North York Moors AC	1476	0:54:39	6427	William Thomas	Burnden RR
1379	0:53:32	6024	James Roberts	Ackworth RR	1477	0:54:40	6463	Clem Dixon	Cambridge Harriers
1380	0:53:33	6688	Andrew Harrison	Darlington H & AC	1478	0:54:41	6541	James Pearson	City of Hull AC
1381	0:53:33	8249	Daniel Sate	Salford Metropolitan AC	1479	0:54:42	6578	Michael Raynes	City of York AC
1382	0:53:34	7650	Dave Lee	Massey Ferguson RC	1480	0:54:42	7560	Chris Cook	Lordshill RR
1383	0:53:35	6625	Ayushman Saha	Cookham RC	1481	0:54:43	6766	James Hartshorne	East Cheshire Harriers & Tam
1384	0:53:37	7996	Gareth Millard	Pudsey Pacers RC	1482	0:54:44	9052	Philip Richardson	York Knavesmire Harriers
1385	0:53:37	7061	Andrew Simms	Herne Hill Harriers	1483	0:54:44	6247	John Gallucci	Bingley Harriers & AC
1386	0:53:37	6183	Mihail Mihaylov	Beeston AC	1484	0:54:45	8814	Sean Cook	Bingley Striders AC
1387	0:53:38	8433	Craig Robinson	Sphinx AC	1485	0:54:45	8141	Christopher Cobb	Roundhay Runners
1388	0:53:38	6153	Michael Hickey	Basingstoke & Mid Hants AC	1486	0:54:46	8515	David Smyth	Stratford Upon Avon AC
1389	0:53:40	7993	Robert Greaves	Pudsey Pacers RC	1487	0:54:47	7495	Graham Palmer	Loftus & Whitby AC
1390	0:53:41	6177	David Bish	Beeston AC	1488	0:54:48	6870	Douglas Wood	Fulham RC
1391	0:53:41	6516	Nick Parrott	Chorlton Runners	1489	0:54:49	7005	Tony Weatherson	Heanor RC
1392	0:53:43	7209	John Pratt	Hyde Park Harriers	1490	0:54:50	7714	Paul Parkin	Nene Valley Harriers
1393	0:53:43	6099	Phil Davis	Baildon Runners	1491	0:54:50	7160	Stuart Little	Yorke Harriers
1394	0:53:43	6211	David Horton	Belper Harriers	1492	0:54:51	7798	Andrew Sandercock	North Leeds Fell Runners
1395	0:53:44	8810	Richard Balshaw	Valley Striders AC	1493	0:54:56	6355	Steven French	Blyth RC
1396	0:53:44	6108	Ben Watson	Baildon Runners	1494	0:54:56	8468	Martin Greenough	Steel City Striders RC
1397	0:53:45	7358	Darren John	Knowle & Dorridge RC	1495	0:54:57	7213	Julian Bloor	Ilkeston RC
1398	0:53:45	7725	Gareth Owens	Newark AC	1496	0:54:58	6101	Greg Edgley	Baildon Runners
1399	0:53:47	7011	David Michael Gilmore	Heaton Harriers & AC	1497	0:54:59	6785	Paul Nippres	East Hull Harriers & AC
1400	0:53:47	6769	Gary Matthews	East Cheshire Harriers & Tam	1498	0:55:00	8812	Matt Carter	Valley Striders AC
1401	0:53:48	6602	Richard Briscoe	Clayton-le-Moors Harriers	1499	0:55:00	6700	Ralph Barker	Denby Dale AC
1402	0:53:48	6716	Mark Charlton	Derwentside AC	1500	0:55:01	6808	Conrad White	Elvet Striders
1403	0:53:49	7875	Paul Thompson	Notts AC	1501	0:55:01	7031	Mark Livingstone	Hercules Wimbledon AC
1404	0:53:49	6746	Cam Easton	Ealing Eagles RC	1502	0:55:01	8909	Neil Watson	West Norfolk AC
1405	0:53:49	8213	Grant Gunn-Anderson	Salford Harriers & AC	1503	0:55:02	6477	Edmund Wallace	Centurion RC
1406	0:53:50	7367	Tadi Abeki	Knowsley Harriers	1504	0:55:02	8465	Adam Close	Steel City Striders RC
1407	0:53:50	8173	Andy Wardle	Ruschcliffe AC	1505	0:55:03	6254	Wayne King Farlow	Bingley Harriers & AC
1408	0:53:50	6648	Rob Richardson	Coventry Godiva Harriers	1506	0:55:03	7282	Mick Barlow	Kent AC
1409	0:53:51	8351	Paul Lloyd	Solihull & Small Heath AC	1507	0:55:04	6812	Matthew Mason	Ely Runners
1410	0:53:52	8638	Jim Desmond	The Stragglers RC	1508	0:55:05	7493	Andrew Marshall	Loftus & Whitby AC
1411	0:53:52	6687	Carl Eddon	Darlington H & AC	1509	0:55:05	7836	Terry Moynihan	Northbrook AC
1412	0:53:53	7324	Kevin Doyle	Kimberworth Striders	1510	0:55:06	8457	Michael Dobson	Stafford Harriers
1413	0:53:54	8783	Matt Walker	Tyne Bridge Harriers	1511	0:55:06	7808	Jason Adam Nash	North Shields Polytechnic Clu
1414	0:53:55	6054	Leigh Ally	Aldridge RC	1512	0:55:08	6827	Dave Daugirda	Eton Manor AC
1415	0:53:56	8413	Simon Hodges	Sparkhill Harriers	1513	0:55:08	9035	Pete Downes	York Knavesmire Harriers
1416	0:53:56	6214	Andy Paisley	Belper Harriers	1514	0:55:09	7728	Andrew Tuttle	Newbury AC
1417	0:53:57	8437	Jon Byford	Springfield Striders RC	1515	0:55:09	6480	Kevin Lomas	Charnwood AC
1418	0:53:57	6103	Steve Hargreaves	Baildon Runners	1516	0:55:09	8577	Mark Ison	Team Derby Runner
1419	0:53:58	7325	Gavin Edley	Kimberworth Striders	1517	0:55:09	8420	Andrew Wadsworth	Sparkhill Harriers
1420	0:53:58	9027	Scott Wixon-Nelson	Wycombe Phoenix Harriers &	1518	0:55:10	7575	Neil James Kavanagh	Low Fell RC
1421	0:53:59	8936	Shaun Cunliffe	Wigan & District H & AC	1519	0:55:10	8051	Michael Stephenson	Redhill RR
1422	0:53:59	7893	Christopher Chambers	Otley AC	1520	0:55:10	7235	Stephen Hicks	Ipswich Harriers
1423	0:54:00	7953	Nathan Popple	Peterborough AC	1521	0:55:11	6898	Richard McQuade	Gosforth Harriers & AC
1424	0:54:00	6121	Jerry Bryan	Barnet & District AC	1522	0:55:12	7193	Shane Hunt	Huntingdonshire AC
1425	0:54:00	7340	Simon Hands	Kirkstall Harriers	1523	0:55:13	8640	Andrew Hoseason	The Stragglers RC
1426	0:54:02	8358	John Foss	South London Harriers	1524	0:55:13	7126	Will Meredith	Holme Pierrepont RC
1427	0:54:03	8537	Andrew Dobinson	Sunderland Strollers	1525	0:55:14	8871	Simon Charlton	Wallsend Harriers & AC
1428	0:54:03	6430	Giles Bennett	Bury AC	1526	0:55:14	6674	Gareth Clark	Dacorum & Tring AC
1429	0:54:04	7766	Brian Hainsworth	Nidd Valley RR	1527	0:55:18	7187	Shaun McGrath	Houghton Harriers & AC
1430	0:54:04	6656	Neil Fowler	Crewe & Nantwich AC	1528	0:55:18	6617	Nick Gregory	Cleethorpes & District AC
1431	0:54:05	8371	David Lyall	South Shields Harriers & AC	1529	0:55:19	6904	Kevin Thomas	Gosforth Harriers & AC
1432	0:54:05	6246	Stephen Fry	Bingley Harriers & AC	1530	0:55:19	8263	John Clarke	Saltwell Harriers
1433	0:54:07	6931	Alex Morgan	Halesowen ACC	1531	0:55:19	6069	Graham Harrison	Altrincham & District AC Limi
1434	0:54:07	8296	Tom Poynton	Serpentine RC	1532	0:55:21	6822	John Black	Eton Manor AC
1435	0:54:09	6705	Mathew Radbourne	Denby Dale AC	1533	0:55:21	8094	Mark Walker	Rochdale Harriers & AC
1436	0:54:09	6359	Robert Sharratt	Blyth RC	1534	0:55:23	7784	Gary Elkington	North Derbyshire RC
1437	0:54:10	7380	Steven Roberts	Leamington C & AC	1535	0:55:26	7522	Witold Wozniak	London Frontrunners
1438	0:54:10	8635	Nick Brown	The Stragglers RC	1536	0:55:27	6671	Matt Peek	Croydon Harriers
1439	0:54:11	8703	Andy Wood	Tonbridge AC	1537	0:55:27	6343	Stewy Bell	Blackhill Bounders
1440	0:54:11	6891	Steve Boddy	Gosforth Harriers & AC	1538	0:55:30	8643	Kevin Price	The Stragglers RC
1441	0:54:11	6081	Duncan Marlow	Askern & District RC	1539	0:55:30	7109	Gabriel Segall	Hillingdon AC
1442	0:54:13	8240	Dave Cornes	Salford Metropolitan AC	1540	0:55:31	7673	Martin Vasey	Middlesbrough & Cleveland F
1443	0:54:14	6658	Neil Aikman	Croydon Harriers	1541	0:55:35	8899	Mark Renshall	Wesham RR & AC
1444	0:54:14	7353	Gary Wilkinson	Knaresborough Striders	1542	0:55:36	7505	Leon Clement	London Frontrunners
1445	0:54:14	8971	Richard Bargh	Wirral AC	1543	0:55:38	7489	Chris Foster	Loftus & Whitby AC
1446	0:54:17	8666	Myles Wilson	Tipton Harriers	1544	0:55:39	8430	Kevin Dick	Sphinx AC
1447	0:54:18	8534	Richard Barker	Sunderland Strollers	1545	0:55:41	6934	James Parker	Halesowen ACC
1448	0:54:19	7513	Martin Oldham	London Frontrunners	1546	0:55:42	7555	Simon Crook	Longwood Harriers AC
1449	0:54:19	7850	Graham Watering	Norwich RR	1547	0:55:43	8775	Nicholas Pearson	Tyne Bridge Harriers
1450	0:54:20	6258	Paul Lemmon	Bingley Harriers & AC	1548	0:55:44	7837	Paul Robbins	Northbrook AC
1451	0:54:21	6573	Nick Elliott	City of York AC	1549	0:55:44	7337	Simon Boardman	Kirkstall Harriers
1452	0:54:22	8849	Gareth Morris	Vegan Runners UK	1550	0:55:45	7883	Andrew Harris	Nuneaton Harriers
1453	0:54:24	8883	Michael Skeldon	Wallsend Harriers & AC	1551	0:55:46	9016	Brian Stevens	Wreake Runners
1454	0:54:24	7185	David Gribben	Houghton Harriers & AC	1552	0:55:46	7767	James Knapp	Nidd Valley RR
1455	0:54:25	7517	Michael Rutherford	London Frontrunners	1553	0:55:47	6388	Dave Powner	Bournville Harriers
1456	0:54:26	7765	Kevin Dalton	Nidd Valley RR	1554	0:55:49	8012	Lee Dunn	Quays RC
1457	0:54:27	8175	Kevin Jones	Saddleworth RC	1555	0:55:50	7788	Robert Scriven	North Derbyshire RC
1458	0:54:27	6694	Kevin Wilson	Darlington H & AC	1556	0:55:51	6122	Peter Ellis	Barnet & District AC
1459	0:54:28	6300	Lee Drummond	Birtley AC	1557	0:55:53	6005	Aidan Curley	Abbey Runners
1460	0:54:28	6636	Simon Clarke	Coventry Godiva Harriers	1558	0:55:54	7736	Richard Longley	Newcastle Staffs AC
1461	0:54:29	8172	Derk Van Der Wardt	Ruschcliffe AC	1559	0:55:55	7566	Graham Rafferty	Lordshill RR
1462	0:54:29	6800	Geoff Davis	Elvet Striders	1560	0:55:55	7335	Tim Knight	Kings Heath RC
1463	0:54:29	6268	David Stephenson	Bingley Harriers & AC	1561	0:55:58	7645	Jack Blakemore	Massey Ferguson RC
1464	0:54:29	8952	Pete Stock	Wilmslow RC	1562	0:55:58	7882	Christopher James Hamer-H	Nuneaton Harriers
1465	0:54:30	8908	Martin Koenigsberger	West Norfolk AC	1563	0:55:59	8436	Stephen Bugden	Stephfield Striders RC
1466	0:54:31	6395	Stephen Wolstenholme	Bradford Airedale AC	1564	0:56:01	7506	Neil Colquhoun	London Frontrunners
1467	0:54:31	6009	Martin Jones	Abbey Runners	1565	0:56:02	5413	George Lyle	Waverley Harriers
1468	0:54:32	7833	Martin McHugh	Northbrook AC	1566	0:56:02	6259	John Merrick	Bingley Harriers & AC
1469	0:54:32	7429	Jason Denton	Leigh Harriers & AC	1567	0:56:03	7433	Dave Pollitt	Leigh Harriers & AC
1470	0:54:33	7220	Robert Budding	Ilkley Harriers AC	1568	0:56:04	7764	James Cook	Nidd Valley RR

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1569	0:56:04	7512	Frances O'Callaghan	London Frontrunners	1667	0:57:47	6434	Stefan Ledin	Buxton AC
1570	0:56:06	6217	Malcolm Weir	Belper Harriers	1668	0:57:48	7401	Robert Gatenby	Leeds City AC
1571	0:56:06	7503	Jeremy Campbell	London Frontrunners	1669	0:57:51	6286	Andrew Moseley	Birchfield Harriers
1572	0:56:07	7321	Stephen Haskard	Kimberley & District Striders	1670	0:57:51	8760	Mark Tikaram	Tring RC
1573	0:56:08	6789	Greame Smith	East Hull Harriers & AC	1671	0:57:51	7739	Jonathon Ranford	Newcastle Staffs AC
1574	0:56:09	7568	Benjamin M Tavendale	Lordshill RR	1672	0:57:51	7003	Paul Mercer	Heanor RC
1575	0:56:09	6091	Tim Lowrie	Avon Valley Runners	1673	0:57:52	6804	Dave Gibson	Elvet Striders
1576	0:56:12	7733	Mark Cotton	Newcastle Staffs AC	1674	0:57:53	8477	Stuart Jones	Steel City Striders RC
1577	0:56:12	6850	Neil Thompson	Fitmums & Friends	1675	0:57:53	7275	Christopher Lyons	Kenilworth Runners
1578	0:56:15	6852	Mark Wilkinson	Fitmums & Friends	1676	0:57:54	7732	Stuart Cassidy	Newcastle Staffs AC
1579	0:56:16	8924	Steve Forster	Wharfedale Harriers	1677	0:57:55	8789	Steven Ellis	University of Leicester R & AC
1580	0:56:17	8455	Martin Horbury	St Theresa's AC	1678	0:57:57	8514	Michael Sheppard	Stratford Upon Avon AC
1581	0:56:17	7315	Simon Neville	Keswick AC	1679	0:57:57	8617	Richard Hooley	Thames Valley Harriers
1582	0:56:18	7777	Steven Turner	Nidd Valley RR	1680	0:57:58	7890	Bill Bennett	Orion Harriers
1583	0:56:19	7564	Dean Powell	Lordshill RR	1681	0:58:00	6923	Marc Woodall	Guildford & Godalming AC
1584	0:56:20	8525	Allan McManus	Sunderland Harriers & AC	1682	0:58:00	8407	Tahir Akhtar	Sparkhill Harriers
1585	0:56:20	7826	Paul Stocks	North York Moors AC	1683	0:58:00	8414	Graham Hygate	Sparkhill Harriers
1586	0:56:20	8069	Liam Fletcher	Richmond & Zetland Harriers	1684	0:58:01	8662	Robert Sedgley	Tipton Harriers
1587	0:56:21	7298	Bernie Hutchinsonson	Kent AC	1685	0:58:02	8797	Roger Graham	UTS RC
1588	0:56:22	7737	Pab Maddox	Newcastle Staffs AC	1686	0:58:03	8506	Steven Burch	Stourbridge RC
1589	0:56:23	6664	Matt Kiernan	Croydon Harriers	1687	0:58:03	7821	Ian Latimer	North York Moors AC
1590	0:56:25	7602	David Dyer	Manchester Harriers & AC	1688	0:58:05	6179	Richard Eadsforth	Beeston AC
1591	0:56:26	8752	John Guest	Trentham RC	1689	0:58:06	7431	Andrew Howarth	Leigh Harriers & AC
1592	0:56:28	7933	Oliver Simon Pike	Penistone Footpath Runners	1690	0:58:08	7607	Chris Stewart	Manchester Harriers & AC
1593	0:56:30	6759	Steve Plested	Ealing Southall & Middlesex A	1691	0:58:09	7998	Stephen Pattison	Pudsey Pacers RC
1594	0:56:30	6727	Mark Webster	Doncaster AC	1692	0:58:10	7864	Steven Leek	Notts AC
1595	0:56:30	6391	Daniel Wilson	Bourneville Harriers	1693	0:58:12	6932	Andrew Nock	Halesowen ACC
1596	0:56:30	7554	Mark Lay	Long Eaton RC	1694	0:58:13	8095	Nick Walsh	Rochdale Harriers & AC
1597	0:56:35	7831	Spencer Davies	Northbrook AC	1695	0:58:13	7168	David Barnes	Horwich R M I Harriers
1598	0:56:40	7584	Jim Dawson	Lymm Runners	1696	0:58:15	8134	Hadrian Knight	Rothwell Harriers & AC
1599	0:56:40	6978	Nathan Smith	Harrogate Harriers & AC	1697	0:58:16	7779	Steve Bennett	North Derbyshire RC
1600	0:56:41	8900	Nigel Shepherd	Wesham RR & AC	1698	0:58:18	6933	Bill Nock	Halesowen ACC
1601	0:56:42	8117	James Gallacher	Rotherham Harriers & AC	1699	0:58:18	7247	Stefan Haass	Jesmond Joggers
1602	0:56:44	6533	James Abel	City of Hull AC	1700	0:58:20	6910	Nick Rossington	Grantham RC
1603	0:56:44	7604	James Hinde	Manchester Harriers & AC	1701	0:58:21	8679	Anthony Crush	Tonbridge AC
1604	0:56:45	6322	Timothy Ayres	Blackheath & Bromley Harriei	1702	0:58:22	8022	John Gibbs	Radcliffe AC
1605	0:56:50	7131	Steve Tupholme	Holme Pierrepont RC	1703	0:58:22	6684	David Aiken	Darlington H & AC
1606	0:56:52	7134	Simon Barrans	Holmfirth Harriers AC	1704	0:58:24	7898	Howard Jeffrey	Otley AC
1607	0:56:53	7654	Jeremy Shaun Trill	Massey Ferguson RC	1705	0:58:24	7629	Jeremy Woodham	Marple Runners
1608	0:56:53	7316	Ian Hearne	Kettering Town Harriers	1706	0:58:25	8023	Steve Hamer	Radcliffe AC
1609	0:56:54	6888	Ian Summers	Gloucester AC	1707	0:58:25	7164	Andrew Smith	Horsforth Harriers
1610	0:56:55	6913	Andrew Baker	Guildford & Godalming AC	1708	0:58:26	6296	Martin Ludford	Birmingham Running Athletic
1611	0:56:57	8759	Chris Nicholls	Tring RC	1709	0:58:28	8434	Tim Brockington	Springfield Striders RC
1612	0:56:58	8411	James Hannon	Sparkhill Harriers	1710	0:58:30	8547	Darko Calina	Sutton Runners
1613	0:56:59	7250	Simon Wells	Jesmond Joggers	1711	0:58:30	7319	Darren Dodsley	Kimberley & District Striders
1614	0:56:59	6330	Richard Hall	Blackheath & Bromley Harriei	1712	0:58:31	7774	Simon Staiano	Nidd Valley RR
1615	0:57:02	6185	Charlie Pearce	Beeston AC	1713	0:58:32	6851	John Walker	Fitmums & Friends
1616	0:57:03	8075	Matt Baker	Ripley RC	1714	0:58:32	8636	Neil Carrington	The Stragglers RC
1617	0:57:05	8415	Andy Law	Sparkhill Harriers	1715	0:58:34	6960	Peter Attenborough	Harborough AC
1618	0:57:05	8291	Sammy Li	Serpentine RC	1716	0:58:34	8228	Trevor Rayner	Salford Harriers & AC
1619	0:57:06	6707	Steven Sharp	Denby Dale AC	1717	0:58:34	8246	Girish Patel	Salford Metropolitan AC
1620	0:57:07	8914	Mike Mewse	Westbury Harriers	1718	0:58:35	7511	John Keenan	London Frontrunners
1621	0:57:07	8561	Ani Das	Swinton RC	1719	0:58:37	8975	Harley Henshaw	Wirral AC
1622	0:57:07	9062	Paul Baildon	Baildon Runners	1720	0:58:38	8264	Scott Garrett	Saltwell Harriers
1623	0:57:08	7326	Paul Greenwood	Kimberworth Striders	1721	0:58:40	6549	Peter Mahoney	City Of Norwich AC
1624	0:57:08	7843	Will Buck	Norwich RR	1722	0:58:41	8170	Harvey Sugden	Rushcliffe AC
1625	0:57:09	7145	Rob Kersey	Holmfirth Harriers AC	1723	0:58:44	8495	Michael Wu	Steel City Striders RC
1626	0:57:09	8039	Peter Weir	Ranelagh Harriers	1724	0:58:45	6370	Phil Galpin	Bourne Town Harriers
1627	0:57:11	7173	Tony Hesketh	Horwich R M I Harriers	1725	0:58:45	6444	Ben Chamberlain	Cambridge & Coleridge AC
1628	0:57:11	8994	Andrew Coleman	Woodford Green AC with Ess	1726	0:58:47	8048	Martyn McHale	Redhill RR
1629	0:57:11	8530	Karl Robinson	Sunderland Harriers & AC	1727	0:58:48	8330	Steven Ross	Sheffield RC
1630	0:57:12	8245	David Hughes	Salford Metropolitan AC	1728	0:58:50	7781	Richard Corker	North Derbyshire RC
1631	0:57:13	8429	Wayne Broadbent	Sphinx AC	1729	0:58:50	7577	Jason Long	Low Fell RC
1632	0:57:14	6787	Kevin Sharp	East Hull Harriers & AC	1730	0:58:51	9048	Chris Murphy	York Knavesmire Harriers
1633	0:57:14	6780	Gary Fee	East Hull Harriers & AC	1731	0:58:52	8815	Sam Davison	Valley Striders AC
1634	0:57:14	7156	Garth De Roux	Horsforth Harriers	1732	0:58:53	6782	Martin Hardey	East Hull Harriers & AC
1635	0:57:16	6654	Walter Hill	Crawley AC	1733	0:58:55	6536	Andrew Robert Guymer	City of Hull AC
1636	0:57:16	8802	Alan Roberts	Vale Of Aylesbury AC	1734	0:58:55	6012	James Whittaker	Abbey Runners
1637	0:57:17	8282	Gavin Edmonds	Serpentine RC	1735	0:58:57	6622	Nick Budd	Cogleton Harriers
1638	0:57:17	7008	Chris Checkley	Heaton Harriers & AC	1736	0:58:58	7349	Sean Brennan	Knaresborough Striders
1639	0:57:17	7137	Jonathan Bray	Holmfirth Harriers AC	1737	0:59:01	8377	Peter Walker	South Shields Harriers & AC
1640	0:57:18	6100	Mark Delaney	Baildon Runners	1738	0:59:01	6757	Ricky Grimes	Ealing Southall & Middlesex A
1641	0:57:18	6126	Chris Violet	Barnet & District AC	1739	0:59:02	6522	Jerry Smith	Chorlton Runners
1642	0:57:18	6993	Russell Middleton	Havering AC	1740	0:59:04	6845	Thomas Sauka	Fairlands Valley Spartans
1643	0:57:18	8986	Richard Preston	Wolverhampton & Bilston	1741	0:59:04	6123	Joe Gomes	Barnet & District AC
1644	0:57:20	8821	Ken Fox	Valley Striders AC	1742	0:59:05	7807	Roger Mosedale	North Shields Polytechnic Clu
1645	0:57:21	7365	Phil Wood	Knowle & Dorridge RC	1743	0:59:08	9032	Andrew Clark	York Knavesmire Harriers
1646	0:57:22	8896	John Collier	Wesham RR & AC	1744	0:59:09	7652	Peter Paprcka	Massey Ferguson RC
1647	0:57:23	6833	Graham White	Eton Manor AC	1745	0:59:12	7490	Mikey Garbutt	Loftus & Whitby AC
1648	0:57:24	8316	Tom Albone	Sheffield RC	1746	0:59:13	8000	Johnny Scott	Pudsey Pacers RC
1649	0:57:25	9036	Stefan Durkin	York Knavesmire Harriers	1747	0:59:14	7879	Allan Wilson	Notts AC
1650	0:57:26	7770	Andrew Peagram	Nidd Valley RR	1748	0:59:14	6109	Jim Wheldon	Baildon Runners
1651	0:57:27	8247	Mike Race	Salford Metropolitan AC	1749	0:59:15	8891	Andrew Rawlins	Werrington Joggers
1652	0:57:28	6777	Martin Stout	East Cheshire Harriers & Tam	1750	0:59:15	6969	Gary Wallis	Harborough AC
1653	0:57:31	8533	Dale Wilkinson	Sunderland Harriers & AC	1751	0:59:15	6285	Paul Maguire	Birchfield Harriers
1654	0:57:31	6792	Stephen Tichopad	East Hull Harriers & AC	1752	0:59:16	7108	Martin Searle	Hillingdon AC
1655	0:57:32	8423	Daniel Dalton	Spenborough & Dist AC	1753	0:59:17	6882	Aaron Bennett	Gloucester AC
1656	0:57:32	7215	Simon Kirk	Ilkeston RC	1754	0:59:24	8224	Andrew Martin	Salford Harriers & AC
1657	0:57:34	6213	Robert Norman	Belper Harriers	1755	0:59:25	8011	David Todd	Quakers RC
1658	0:57:34	7600	Jason Brogan	Manchester Harriers & AC	1756	0:59:26	8244	Matthew Hill	Salford Metropolitan AC
1659	0:57:35	8634	Simon Brazil	The Stragglers RC	1757	0:59:27	7501	Christos Bitzis-Politis	London Frontrunners
1660	0:57:36	8644	Simon Webb	The Stragglers RC	1758	0:59:28	8131	Steve Firth	Rothwell Harriers & AC
1661	0:57:37	6078	Paul Hebden	Arena 80 AC	1759	0:59:30	8520	Paul Blakey	Sunderland Harriers & AC
1662	0:57:38	8030	George Butler	Ramsbottom RC	1760	0:59:31	9043	Andrew Johnson	York Knavesmire Harriers
1663	0:57:39	7371	Graham Hodgson	Lancaster & Morecambe AC	1761	0:59:32	8376	Andrew Walker	South Shields Harriers & AC
1664	0:57:39	7239	Darren Harger	Istead & Ifield Harriers	1762	0:59:33	7572	Philip Halse	Low Fell RC
1665	0:57:44	7603	Glen Gandy	Manchester Harriers & AC	1763	0:59:35	7587	Richard Brown	Macclesfield Harriers & AC
1666	0:57:45	7074	Fred Comman	Highgate Harriers	1764	0:59:35	8418	Edward O'Neill	Sparkhill Harriers

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1765	0:59:35	7329	Brian Miranda	Kimberworth Striders	1863	1:02:50	6277	Keith Boxley	Birchfield Harriers
1766	0:59:36	6765	Matthew Gush	East Cheshire Harriers & Tam	1864	1:02:52	8417	Robert Mills	Sparkhill Harriers
1767	0:59:37	6632	John Treacy	Corby AC	1865	1:02:52	8324	Paul McWhirter	Sheffield RC
1768	0:59:38	8057	Paddy Patrick	Reigate Priory AC	1866	1:02:55	8762	Mel Taylor	Tunbridge Wells Harriers
1769	0:59:39	6013	Jon Bones	Abingdon AC	1867	1:03:04	6006	Adam Ellis	Abbey Runners
1770	0:59:42	7100	John Bignell	Hillingdon AC	1868	1:03:06	6432	Peter Bailey	Buxton AC
1771	0:59:44	8021	John Andrew	Radcliffe AC	1869	1:03:07	8837	Leroy Sutton	Valley Striders AC
1772	0:59:46	8903	Ben Wrigley	Wesham RR & AC	1870	1:03:10	6521	Ian Sharpe	Chorlton Runners
1773	0:59:48	6512	Etienne Humphries	Chorlton Runners	1871	1:03:16	6496	Neil Jenkins	Chester Triathlon Club
1774	0:59:50	7904	Andrew Webster	Otley AC	1872	1:03:22	8846	Gareth Burdell	Vegan Runners UK
1775	0:59:51	7097	Mark Watson	Highgate Harriers	1873	1:03:28	7592	David Larkin	Macclesfield Harriers & AC
1776	0:59:54	7812	Alan Turner	North Shields Polytechnic Clu	1874	1:03:30	6500	Peter Adams	Chorlton Runners
1777	0:59:55	8009	Graham Park	Quakers RC	1875	1:03:34	8869	Derek McArdle	Wallasey AC
1778	0:59:56	8165	Morton Hoebjberg	Rushcliffe AC	1876	1:03:39	6312	Allan Hartley	Blackburn Harriers & AC
1779	0:59:56	7830	Kevin Coughlan	Northbrook AC	1877	1:03:40	8014	Stephen Symons	Quays RC
1780	0:59:57	7058	Valdis Pauzers	Herne Hill Harriers	1878	1:03:41	6251	David Jefferson	Bingley Harriers & AC
1781	0:59:58	6801	Simon Dobson	Elvet Striders	1879	1:03:41	6142	Martin Swift	Barnsley Harriers
1782	0:59:58	7939	Dan Bruffell	Pensby Runners	1880	1:03:47	6263	Emyr Rees	Bingley Harriers & AC
1783	1:00:00	6847	Andy Coy	Fitmums & Friends	1881	1:03:48	6255	Tony Kingham	Bingley Harriers & AC
1784	1:00:00	7817	Barry Dunne	North York Moors AC	1882	1:03:53	6657	Gerry Hehir	Crook & Dist Sports AC
1785	1:00:02	8419	Mark Pearce	Sparkhill Harriers	1883	1:03:57	7930	Luke McGuinness	Penistone Footpath Runners
1786	1:00:03	7744	Matthew Way	Newcastle Staffs AC	1884	1:04:06	7320	Michael Doyle	Kimberley & District Striders
1787	1:00:04	6267	Paul Spencer	Bingley Harriers & AC	1885	1:04:09	7378	Mark Marsh	Leamington C & AC
1788	1:00:05	8010	Michael Thompson	Quakers RC	1886	1:04:14	8990	David Barrett	Woodford Green AC with Ess
1789	1:00:08	6088	Phil Harding	Avon Valley Runners	1887	1:04:16	6834	Chris Anderson	Evenwood RR
1790	1:00:14	8798	Michael Stone	UTS RC	1888	1:04:20	8442	Michael Jack	St Albans Striders
1791	1:00:19	7210	Jonathan Spain	Hyde Park Harriers	1889	1:04:28	6603	Peter Browning	Clayton-le-Moors Harriers
1792	1:00:21	8262	Paul Blackett	Saltwell Harriers	1890	1:04:28	8091	Kristian Robinson	Rochdale Harriers & AC
1793	1:00:24	8551	Paul McFarlane	Sutton Runners	1891	1:04:29	9049	John Nodder	York Knavesmire Harriers
1794	1:00:28	8367	Jalal Amin	South Shields Harriers & AC	1892	1:04:37	6358	David McGarry	Blyth RC
1795	1:00:30	7459	Francis Ward	Lincoln Wellington AC	1893	1:04:39	7717	Michael Standage	New Forest Runners
1796	1:00:30	8416	Andy Manning	Sparkhill Harriers	1894	1:04:40	8086	Matthew Cox	Rochdale Harriers & AC
1797	1:00:33	7240	James Milsom	Istead & Ifield Harriers	1895	1:04:42	8087	Ray Dalby	Rochdale Harriers & AC
1798	1:00:35	6857	Rick Cannon	Fulham RC	1896	1:04:52	8412	Craig Hinks	Sparkhill Harriers
1799	1:00:35	6439	Roderick Burton	Caistor RC	1897	1:04:54	7201	Adrian Smith	Huntingdonshire AC
1800	1:00:36	6209	James Feeney	Belper Harriers	1898	1:04:56	7494	James O'Brien	Loftus & Whitby AC
1801	1:00:36	8848	Mark Gregory	Vegan Runners UK	1899	1:04:58	7612	Michael O'Brien	Manchester YMCA Harriers
1802	1:00:37	8166	Jonathan Maston	Rushcliffe AC	1900	1:05:00	6826	Simon Cottle	Eton Manor AC
1803	1:00:38	7614	Graeme Baguley	Mansfield Harriers	1901	1:05:01	6425	Chris Greenall	Burnden RR
1804	1:00:40	6503	Tim Blackwell	Chorlton Runners	1902	1:05:04	7453	Martin Morley	Lincoln Wellington AC
1805	1:00:42	6348	Philip Jobson	Blaydon Harriers & AC	1903	1:05:08	6261	Adrian Netherwood	Bingley Harriers & AC
1806	1:00:43	7197	Jeff Mercer	Huntingdonshire AC	1904	1:05:12	6760	Philip York	Ealing Southall & Middlesex F
1807	1:00:44	6371	Neil Taylor	Bourne Town Harriers	1905	1:05:13	7924	Keith Gordon	Penistone Footpath Runners
1808	1:00:46	7322	David Saunders	Kimberley & District Striders	1906	1:05:20	8083	Ian Warton-Woods	Ripley RC
1809	1:00:51	6135	Lee Spensley	Barnsley AC	1907	1:05:21	7855	Nicholas Clarke	Notts AC
1810	1:00:52	8816	Steve Dixon	Valley Striders AC	1908	1:05:28	8540	Shaun McFarlane	Sunderland Strollers
1811	1:00:55	7488	Gary Beard	Loftus & Whitby AC	1909	1:05:31	8652	George Cunningham	Tipton Harriers
1812	1:00:56	8353	Michael Chappell	South London Harriers	1910	1:05:40	8408	Charles Fentiman	Sparkhill Harriers
1813	1:00:59	6892	Steven Bond	Gosforth Harriers & AC	1911	1:05:41	6124	John Owen	Barnet & District AC
1814	1:01:00	6129	Dave Allemby	Barnsley AC	1912	1:05:44	8878	Michael Lindsay	Wallsend Harriers & AC
1815	1:01:02	8894	Martin Bates	Wesham RR & AC	1913	1:05:47	8541	Richard Schorah	Sunderland Strollers
1816	1:01:04	7576	Craig Lamb	Low Fell RC	1914	1:05:50	8806	Colin Rathbone	Vale Royal AC
1817	1:01:10	6726	Stuart Lindsay	Doncaster AC	1915	1:05:54	8332	Stephen Tanner	Sheffield RC
1818	1:01:12	7627	James Deighton	Marple Runners	1916	1:05:55	7317	Sandeep Chauhan	Kimberley & District Striders
1819	1:01:13	7919	Kelvin Bowskill	Penistone Footpath Runners	1917	1:05:56	6749	Andrew McFarlane	Ealing Eagles RC
1820	1:01:13	8505	James Bellamy	Stourbridge RC	1918	1:06:06	6858	Simon Clarkson	Fulham RC
1821	1:01:14	8089	John Mayall	Rochdale Harriers & AC	1919	1:06:12	9047	John Middleton	York Knavesmire Harriers
1822	1:01:19	8174	Gerard Finnigan	Saddleworth RC	1920	1:06:23	8007	Dave Murphy	Quakers RC
1823	1:01:23	8450	Andrew O'Connor	St Helens Sutton AC	1921	1:06:24	7496	Malcolm Peggs	Loftus & Whitby AC
1824	1:01:25	8675	Anthony Cohen	Tonbridge AC	1922	1:06:25	7601	Michael Cunningham	Manchester Harriers & AC
1825	1:01:28	7794	Richard Foster	North Leeds Fell Runners	1923	1:06:36	8171	Russell Tuffin	Rushcliffe AC
1826	1:01:32	8939	Tony Foster	Wigan & District H & AC	1924	1:06:41	6141	David Howes	Barnsley Harriers
1827	1:01:33	7033	Tom Morris	Hercules Wimbledon AC	1925	1:06:43	6493	Steve Collyer	Chester Triathlon Club
1828	1:01:36	8424	Lee Dolman	Spensborough & Dist AC	1926	1:06:48	8280	James Brown	Serpentine RC
1829	1:01:42	7937	Paul Alexander	Pensby Runners	1927	1:06:52	8800	Clive Fallaize	Vale Of Aylesbury AC
1830	1:01:45	8710	Scott Shurmer	Tonbridge AC	1928	1:06:56	7515	Minesh Patel	London Frontrunners
1831	1:01:45	7167	Christopher Lee	Horsham Blue Star Harriers	1929	1:07:00	8005	David Ledgerwood	Quakers RC
1832	1:01:47	6835	Paul Tucker	Evenwood RR	1930	1:07:04	8347	Paul Stevenson	Sinfin RC
1833	1:01:51	6715	Adrian Cattle Jones	Derwentside AC	1931	1:07:16	8037	Mike Peace	Ranelagh Harriers
1834	1:01:52	8140	James Clink	Roundhay Runners	1932	1:07:19	6639	Garry Flude	Coventry Godiva Harriers
1835	1:01:54	8750	Adrian Frost	Trentham RC	1933	1:07:23	6725	Glynn Jones	Doncaster AC
1836	1:01:59	6344	Aidan Hughes	Blackhill Bounders	1934	1:07:26	7383	Nicholas Edge	Leeds & Bradford Triathlon Cl
1837	1:02:01	6297	Paul Agnew	Birtley AC	1935	1:07:28	8795	Andrew Cotgrave	UTS RC
1838	1:02:02	8241	Ray Devine	Salford Metropolitan AC	1936	1:07:29	6539	Carl Horth	City of Hull AC
1839	1:02:03	6252	Donald Johnson	Bingley Harriers & AC	1937	1:07:37	6241	Bruce Duncan	Bingley Harriers & AC
1840	1:02:04	7586	Michael Smith	Lymm Runners	1938	1:07:38	6014	David Morgan	Abingdon AC
1841	1:02:04	7847	Richard Sargeant	Norwich RR	1939	1:07:39	8671	Steven Brooks	Tonbridge AC
1842	1:02:05	8664	John Stroulger	Tipton Harriers	1940	1:07:40	6057	Simon Hudson	Aldridge RC
1843	1:02:05	8698	Richard Puxty	Tonbridge AC	1941	1:07:48	7323	Chris Worth	Kimberley & District Striders
1844	1:02:06	8845	Paul White	Valley Striders AC	1942	1:07:49	6537	Stephen Hall	City of Hull AC
1845	1:02:14	8106	Kevin McGilvray	Rosendale Harriers & AC	1943	1:07:52	8050	Mark Salter	Redhill RR
1846	1:02:15	6935	Jamie Sircom	Halesowen ACC	1944	1:07:53	6389	Paul Samuels	Bournville Harriers
1847	1:02:17	6906	Jack Dodwell	Grantham RC	1945	1:07:55	6130	Raymond Archer	Barnsley AC
1848	1:02:20	6428	Mark Hedges	Burton AC	1946	1:08:03	6385	Kevin Peace	Bournville Harriers
1849	1:02:22	7458	Mark Turner	Lincoln Wellington AC	1947	1:08:03	8133	Matt Kelly	Rothwell Harriers & AC
1850	1:02:22	6353	Michael Ashby	Blyth RC	1948	1:08:04	8136	Brian Shaw	Rothwell Harriers & AC
1851	1:02:23	8161	Martin Findlay	Rushcliffe AC	1949	1:08:07	8913	Neville Metcalfe	Westbury Harriers
1852	1:02:25	7332	Michael Green	Kings Heath RC	1950	1:08:17	8827	Bob Jackson	Valley Striders AC
1853	1:02:32	6002	Peter Badkin	Abbey Runners	1951	1:08:19	6345	James Newton	Blackhill Bounders
1854	1:02:34	8801	Mark Fallaize	Vale Of Aylesbury AC	1952	1:08:44	7718	David Learoyd	New Marske Harriers
1855	1:02:36	7958	Anthony Bowyer	Pontefract AC	1953	1:08:54	6686	Michael Dolan	Darlington H & AC
1856	1:02:37	8544	Anton Newell	Sutton in Ashfield Harriers &	1954	1:09:04	6233	Neil Barrett	Bingley Harriers & AC
1857	1:02:38	8147	Stu Sklinar	Roundhay Runners	1955	1:09:27	8354	Tim Cooke	South London Harriers
1858	1:02:39	7772	Philip Robinson	Nidd Valley RR	1956	1:09:34	6441	Phillip Vines	Caistor RC
1859	1:02:41	7815	Jeffrey Belt	North York Moors AC	1957	1:09:37	8947	Patrick Grannan	Wilmslow RC
1860	1:02:44	9014	Daniel Gadsby	Wreake Runners	1958	1:09:40	8794	Lee Taylor	University of Nottingham AC
1861	1:02:48	7551	Marc Kinch	Long Eaton RC	1959	1:09:43	9015	Richard Palmer	Wreake Runners
1862	1:02:50	6606	Craig Eccles	Clayton-le-Moors Harriers	1960	1:09:52	6846	Alex Abel	Fitmums & Friends

Senior Men

Pos	Time	No	Name	Club
1961	1:09:55	8323	Neal Matthews	Sheffield RC
1962	1:10:07	7178	Peter Ramsdale	Horwich R M I Harriers
1963	1:10:09	7940	Rob Chalmers	Pensby Runners
1964	1:10:21	8805	James Griffiths	Vale Royal AC
1965	1:10:38	7212	Trevor Robinson	Ilford AC
1966	1:10:38	6360	David Stamp	Blyth RC
1967	1:10:39	9057	Adrian Turner	York Knavesmire Harriers
1968	1:10:46	7596	David Shoesmith	Macclesfield Harriers & AC
1969	1:11:06	7208	Stephen Milne	Hyde Park Harriers
1970	1:11:13	7896	David Fox	Otley AC
1971	1:11:21	6239	Richard Dawson	Bingley Harriers & AC
1972	1:11:27	6576	David Paver	City of York AC
1973	1:11:29	7270	Tom Dable	Kenilworth Runners
1974	1:11:31	7956	James Russell	Pitsea RC
1975	1:11:43	8001	Lloyd Ashby	Quakers RC
1976	1:11:55	7923	Steve Dommett	Penistone Footpath Runners & AC
1977	1:11:59	6941	Heath Reilly	Halifax Harriers & AC
1978	1:12:17	6242	Richard Falkingham	Bingley Harriers & AC
1979	1:12:23	7842	Steve Bell	Norwich RR
1980	1:12:26	7411	John MacE	Leeds City AC
1981	1:12:31	8259	Mohanlal Mistry	Saltaire Striders
1982	1:12:57	8143	John Irving	Roundhay Runners
1983	1:13:28	7550	Colin Bostock	Long Eaton RC
1984	1:13:56	6469	Mark Newell	Cambridge Harriers
1985	1:14:07	6886	Christopher O'Carroll	Gloucester AC
1986	1:14:19	6394	Rob Harrison	Bradford Airedale AC
1987	1:14:37	8047	Michael Horn	Redhill RR
1988	1:14:53	8979	William Ward	Wolds Veterans RC
1989	1:15:10	7450	Jeff Hall	Lincoln Wellington AC
1990	1:15:13	6596	Kenneth McCormick	Claremont RR
1991	1:15:18	7062	Ian Strong	Herne Hill Harriers
1992	1:15:40	6771	Martin McGann	East Cheshire Harriers & Tam
1993	1:16:12	7205	Paul Farmery	Hyde Park Harriers
1994	1:16:33	6662	Richard Hooper	Croydon Harriers
1995	1:16:41	8893	Peter Bartlett	Wesham RR & AC
1996	1:17:03	6467	Ian Marshall	Cambridge Harriers
1997	1:18:25	8937	Jeff Darbyshire	Wigan & District H & AC
1998	1:18:44	6661	Norman Hemming	Croydon Harriers
1999	1:18:50	7238	Jason Beaney	Istead & Ifield Harriers
2000	1:19:58	7206	Matthew Gray	Hyde Park Harriers
2001	1:22:53	7226	Peter Lewis	Ilkley Harriers AC
2002	1:24:02	8548	Abdulkadir Gulamhusein	Sutton Runners
2003	1:25:44	7768	Tony Ledwaba-Chapman	Nidd Valley RR
2004	1:29:08	7962	Peter Cornes	Poole AC
2005	1:29:47	8338	Tim Bentley	Shelton Striders
2006	1:33:25	8084	Brian Feldman	Roadhogs Leicester AC
2007	1:34:58	7892	Antonio Cardinale	Otley AC
2008	1:46:43	7015	George Routledge	Heaton Harriers & AC

Team Results:

Pos	Points	Team / Club	Placings
1	412	Leeds City AC	(2 10 12 25 26 35 42 115 145)
2	443	Tonbridge AC	(13 17 19 44 47 51 61 69 122)
3	833	Bristol & West AC	(18 32 37 41 84 101 136 180 204)
4	947	Bedford & County AC	(20 33 34 57 60 113 121 199 310)
5	1023	Aldershot Farnham & District	(16 52 63 76 111 150 152 163 240)
6	1153	Birchfield Harriers	(8 40 86 91 99 166 175 208 280)
7	1201	Sale Harriers Manchester	(11 59 65 83 100 106 188 247 342)
8	1305	Cambridge & Coleridge AC	(6 43 49 77 158 169 171 235 397)
9	1408	Notts AC	(21 30 54 137 174 178 250 264 300)
10	1509	Thames Hare & Hounds	(28 79 90 119 123 165 251 308 346)
11	1651	Thames Valley Harriers	(15 92 110 129 144 155 274 295 437)
12	1747	Kent AC	(80 108 138 160 186 220 278 284 293)
13	1934	Rotherham Harriers & AC	(103 112 117 128 211 218 233 289 523)
14	1973	Highgate Harriers	(29 131 162 219 246 249 258 323 356)
15	2318	Blackburn Harriers & AC	(68 95 196 217 242 276 335 349 540)
16	2457	Hallamshire Harriers Sheffield	(127 164 179 187 266 306 321 353 554)
17	3190	Herne Hill Harriers	(161 221 271 357 362 395 422 485 516)
18	3462	Blackheath & Bromley Harriers A	(94 126 213 237 369 497 601 603 722)
19	4169	Wharfedale Harriers	(140 275 370 400 489 530 629 663 673)
20	4272	Winchester & District AC	(50 279 413 449 450 456 480 581 1114)
21	4275	Morpeth Harriers & AC	(3 132 261 304 319 463 478 1055 1260)
22	4332	Tyne Bridge Harriers	(130 143 303 389 410 551 641 731 1034)
23	4416	London Heathside	(232 291 377 435 553 572 582 636 738)
24	4467	Salford Harriers & AC	(96 318 368 382 417 507 615 652 1112)
25	4876	Chorlton Runners	(194 305 402 496 520 549 619 802 989)
26	5088	Valley Striders AC	(149 424 440 518 521 645 769 809 813)
27	5343	Hercules Wimbledon AC	(71 78 153 457 524 703 768 1088 1501)
28	5459	Holmfirth Harriers AC	(105 324 333 405 589 721 801 1005 1176)
29	5667	Serpentine RC	(31 200 281 655 739 781 888 988 1104)
30	5774	Bingley Harriers & AC	(255 343 401 493 562 847 894 906 1073)
31	6360	Preston Harriers	(36 394 499 599 687 746 996 1131 1272)
32	6397	York Knavesmire Harriers	(124 411 558 754 761 860 909 979 1041)
33	6438	Coventry Godiva Harriers	(75 197 329 367 706 750 1146 1408 1460)
34	6578	Hillingdon AC	(66 206 544 683 774 872 1018 1094 1321)
35	6629	North Shields Polytechnic Club	(254 288 387 452 552 1017 1067 1101 1511)
36	6744	Sunderland Harriers & AC	(383 419 569 810 814 831 874 908 1136)
37	6965	Holme Pierrepont RC	(212 511 622 782 808 915 934 1061 1120)
38	7031	Fulham RC	(504 623 627 690 715 794 898 1031 1149)
39	7385	Gosforth Harriers & AC	(334 451 477 670 792 891 1103 1227 1440)
40	7524	Knowle & Dorridge RC	(350 564 694 765 871 875 929 1126 1350)
41	7774	Steel City Striders RC	(571 669 689 861 942 982 987 1019 1054)
42	8391	Wallsend Harriers & AC	(189 567 745 812 1050 1074 1285 1294 1375)
43	8415	Lincoln Wellington AC	(53 74 406 545 559 1232 1795 1849 1902)
44	8937	Roundhay Runners	(260 522 598 843 881 1236 1278 1485 1834)
45	8972	Baildon Runners	(427 586 896 921 1164 1177 1191 1217 1393)
46	9209	Tipton Harriers	(109 170 191 1170 1220 1377 1446 1684 1842)
47	9239	City of York AC	(89 375 755 760 1071 1287 1451 1479 1972)
48	9280	London Frontrunners	(613 735 811 829 1020 1233 1254 1337 1448)
49	9330	Halesowen ACC	(532 561 775 854 877 1060 1433 1545 1693)
50	9381	Lordshill RR	(526 695 873 964 1096 1152 1234 1361 1480)
51	9481	Macclesfield Harriers & AC	(337 528 585 944 1002 1154 1295 1763 1873)
52	9505	Sheffield RC	(884 913 960 965 1022 1075 1153 1166 1367)
53	9552	North Derbyshire RC	(287 677 791 807 935 1269 1534 1555 1697)
54	9620	Beeston AC	(340 926 971 1012 1167 1180 1248 1386 1390)
55	9715	Bournville Harriers	(172 591 665 968 1039 1188 1553 1595 1944)
56	9777	East Hull Harriers & AC	(479 649 893 1024 1077 1215 1370 1497 1573)
57	9932	Croydon Harriers	(384 800 856 997 1276 1299 1341 1443 1536)
58	10179	South Shields Harriers & AC	(388 648 878 1083 1119 1134 1431 1737 1761)
59	10203	North York Moors AC	(707 866 900 1043 1194 1247 1283 1378 1585)
60	10284	Eton Manor AC	(662 719 869 953 1110 1280 1512 1532 1647)
61	10423	East Cheshire Harriers & Tamesid	(9 852 907 990 1366 1400 1481 1652 1766)
62	10710	Salford Metropolitan AC	(685 763 897 1257 1311 1344 1381 1442 1630)
63	10935	Low Fell RC	(486 905 962 991 1273 1309 1518 1729 1762)
64	10946	Rushcliffe AC	(317 436 757 1266 1407 1461 1722 1778 1802)
65	11059	Northbrook AC	(660 723 1105 1206 1243 1468 1509 1548 1597)
66	11198	Newcastle Staffs AC	(624 710 850 945 1558 1576 1588 1671 1676)
67	11492	Nidd Valley RR	(653 952 1049 1251 1429 1456 1552 1568 1582)
68	11538	Massey Ferguson RC	(490 1030 1196 1224 1304 1382 1561 1607 1744)
69	11900	Pensby Runners	(359 1045 1122 1199 1282 1319 1782 1829 1963)
70	12470	City of Hull AC	(749 832 919 1279 1478 1602 1733 1936 1942)
71	12894	Penistone Footpath Runners & AC	(699 859 932 1229 1592 1819 1883 1905 1976)
72	13287	The Stragglers RC	(1081 1264 1410 1438 1523 1538 1659 1660 1714)
73	14152	Rochdale Harriers & AC	(849 1244 1332 1533 1694 1821 1890 1894 1895)
74	14191	Sparkhill Harriers	(1116 1415 1517 1612 1617 1682 1683 1764 1785)