

Pos	Bib	Firstname	Lastname	Club	Time	Race
1	A38	Angus	McMillan	City of Yor	00:14:56	Senior Men (4x5k)
2	D2	Will	Barnicoat	Aldershot F	00:14:58	Senior Men (4x5k)
3	A198	Joseph	Wigfield	Wirral AC	00:15:01	Senior Men (4x5k)
4	B57	Calum	Johnson	Gatesheac	00:15:03	Senior Men (4x5k)
5	A116	George	Wheeler	Milton Key	00:15:07	Senior Men (4x5k)
6	B159	Jeremy	Dempsey	Shaftesbur	00:15:07	Senior Men (4x5k)
7	D29	Callum	Elson	Cambridge	00:15:10	Senior Men (4x5k)
8	A34	Richard	Slade	Chiltern H	00:15:11	Senior Men (4x5k)
9	A24	Jack	Millar	Bristol an	00:15:12	Senior Men (4x5k)
10	C2	Ellis	Cross	Aldershot F	00:15:13	Senior Men (4x5k)
11	B181	James	Kingston	Tonbridge	00:15:16	Senior Men (4x5k)
12	B116	Charles	Wheeler	Milton Key	00:15:17	Senior Men (4x5k)
13	A148	Joshua	Lay	Rugby & N	00:15:21	Senior Men (4x5k)
14	B76	Jacob	Allen	Highgate F	00:15:25	Senior Men (4x5k)
15	A138	Jonathan	Davies	Reading A	00:15:25	Senior Men (4x5k)
16	B117	Carl	Avery	Morpeth H	00:15:26	Senior Men (4x5k)
17	B38	Sam	Dickinson	City of Yor	00:15:26	Senior Men (4x5k)
18	D117	Scott	Beattie	Morpeth H	00:15:26	Senior Men (4x5k)
19	A97	Linton	Taylor	Leeds City	00:15:27	Senior Men (4x5k)
20	D159	Dylan	Evans	Shaftesbur	00:15:27	Senior Men (4x5k)
21	C29	Jack	Gray	Cambridge	00:15:29	Senior Men (4x5k)
22	A145	Joseph	Massingha	Rotherhar	00:15:29	Senior Men (4x5k)
23	A135	Joe	Morrow	Oxford Uni	00:15:30	Senior Men (4x5k)
24	A186	Tyler	Bilyard	University	00:15:33	Senior Men (4x5k)
25	A15	Joseph	Tuffin	Birminghar	00:15:34	Senior Men (4x5k)
26	D76	Roger	Poolman	Highgate F	00:15:35	Senior Men (4x5k)
27	B186	Oliver	Smart	University	00:15:35	Senior Men (4x5k)
28	A17	Matthew J	Ramsden	Blackburn	00:15:36	Senior Men (4x5k)
29	A6	Ed	Blythman	Bedford &	00:15:36	Senior Men (4x5k)
30	A75	Oscar	Bell	Herts Pho	00:15:36	Senior Men (4x5k)
31	A181	Benjamin	Murphy	Tonbridge	00:15:37	Senior Men (4x5k)
32	A167	James	McMurray	St Albans	00:15:38	Senior Men (4x5k)
33	B29	Jonathan	Escalante	Cambridge	00:15:38	Senior Men (4x5k)
34	A41	Callum	Jones	Cornwall A	00:15:38	Senior Men (4x5k)
35	B97	Graham	Rush	Leeds City	00:15:39	Senior Men (4x5k)
36	A77	Seyed Tah	Ghafari	Highgate F	00:15:39	Senior Men (4x5k)
37	A14	Tom	Dodd	Birchfield F	00:15:39	Senior Men (4x5k)
38	B17	Daniel	Bebbingtor	Blackburn	00:15:40	Senior Men (4x5k)
39	C76	Alexander	Lepretre	Highgate F	00:15:40	Senior Men (4x5k)
40	A57	Luca	Minale	Gatesheac	00:15:41	Senior Men (4x5k)
41	C24	William	Battershill	Bristol an	00:15:46	Senior Men (4x5k)
42	B135	Naphtali	Moulton	Oxford Uni	00:15:49	Senior Men (4x5k)
43	A29	Thomas	Keen	Cambridge	00:15:49	Senior Men (4x5k)
44	A109	George	Beardmore	Loughboro	00:15:51	Senior Men (4x5k)
45	A177	Jordan	Rowe	Thames V	00:15:51	Senior Men (4x5k)
46	B102	Mathew	Jackson	Liverpool F	00:15:52	Senior Men (4x5k)
47	C131	Samuel	Moakes	Notts AC	00:15:53	Senior Men (4x5k)
48	A22	Scott	Halsted	Bracknell	00:15:54	Senior Men (4x5k)
49	A65	Tommy	Power	Hallamshir	00:15:54	Senior Men (4x5k)
50	A117	William	Cork	Morpeth H	00:15:55	Senior Men (4x5k)
51	B2	Callum	Charleston	Aldershot F	00:15:55	Senior Men (4x5k)
52	A122	Oisin	Spillane	Newham &	00:15:56	Senior Men (4x5k)
53	B196	Dom	James	Western T	00:15:58	Senior Men (4x5k)

54	C159	Kieran	Clements	Shaftesbur	00:15:58	Senior Men (4x5k)
55	B6	Harry	Brodie	Bedford &	00:15:58	Senior Men (4x5k)
56	A76	Terry	Fawden	Highgate F	00:15:58	Senior Men (4x5k)
57	D24	Kurt	Taylor	Bristol an	00:16:00	Senior Men (4x5k)
58	A143	Grant	Cunliffe	Rossendal	00:16:02	Senior Men (4x5k)
59	A2	Joe	Blacknell	Aldershot F	00:16:02	Senior Men (4x5k)
60	A25	Owain	Jones	Bristol an	00:16:04	Senior Men (4x5k)
61	B122	Sam	Hart	Newham &	00:16:04	Senior Men (4x5k)
62	D25	Max	Davis	Bristol an	00:16:05	Senior Men (4x5k)
63	A164	Harry	Smith	Southamp	00:16:05	Senior Men (4x5k)
64	A32	Ethan	O'Shea	Charnwoo	00:16:06	Senior Men (4x5k)
65	A159	Thomas	Butler	Shaftesbur	00:16:06	Senior Men (4x5k)
66	A131	George	Phillips	Notts AC	00:16:08	Senior Men (4x5k)
67	A105	Ross	Harrison	Liverpool	00:16:08	Senior Men (4x5k)
68	B24	Ben	Robinson	Bristol an	00:16:10	Senior Men (4x5k)
69	C98	William	Tighe	Leeds City	00:16:10	Senior Men (4x5k)
70	D135	Alex	Gruen	Oxford Uni	00:16:12	Senior Men (4x5k)
71	A21	Thomas	Lancashire	Bolton Uni	00:16:12	Senior Men (4x5k)
72	D97	Richard	Allen	Leeds City	00:16:14	Senior Men (4x5k)
73	A98	Andrew	Smith	Leeds City	00:16:15	Senior Men (4x5k)
74	B66	Elisha	De Mello	Hallamshir	00:16:16	Senior Men (4x5k)
75	B110	Alex	Hampson	Mansfield I	00:16:17	Senior Men (4x5k)
76	D98	Matthew	Grieve	Leeds City	00:16:21	Senior Men (4x5k)
77	C97	Joshua	Woodcock	Leeds City	00:16:21	Senior Men (4x5k)
78	B41	Samuel	Goodchild	Cornwall A	00:16:22	Senior Men (4x5k)
79	B157	Ryan	Worland	Salford Ha	00:16:22	Senior Men (4x5k)
80	B77	Robert	Wilson	Highgate F	00:16:23	Senior Men (4x5k)
81	A110	Paul	Wright	Mansfield I	00:16:23	Senior Men (4x5k)
82	D15	John	Stolberg	Birmingham	00:16:23	Senior Men (4x5k)
83	B65	Matthew	Fuller	Hallamshir	00:16:23	Senior Men (4x5k)
84	C32	Luke	Nuttall	Charnwoo	00:16:23	Senior Men (4x5k)
85	B98	Joe	Sagar	Leeds City	00:16:23	Senior Men (4x5k)
86	C41	Joshua	Rowe	Cornwall A	00:16:24	Senior Men (4x5k)
87	A30	Thomas	Bridger	Cambridge	00:16:25	Senior Men (4x5k)
88	A129	Benjamin	Hamblin	North Som	00:16:25	Senior Men (4x5k)
89	C65	James	McCrae	Hallamshir	00:16:27	Senior Men (4x5k)
90	D65	Euan	Brown	Hallamshir	00:16:27	Senior Men (4x5k)
91	B82	Isaac	Ellard	Huntingdoi	00:16:27	Senior Men (4x5k)
92	B156	Alexander	Birkett	Salford Ha	00:16:27	Senior Men (4x5k)
93	A45	George	Phillips	Doncaster	00:16:28	Senior Men (4x5k)
94	C38	Tim	Stratton	City of Yor	00:16:28	Senior Men (4x5k)
95	B85	Marcus	Etheridge	Invicta Eas	00:16:29	Senior Men (4x5k)
96	A153	Christophe	Fielding	Sale Harri	00:16:29	Senior Men (4x5k)
97	C99	Finnian	Hutchinson	Leeds City	00:16:29	Senior Men (4x5k)
98	A86	Joseph	Carnelley	Keighley &	00:16:30	Senior Men (4x5k)
99	B22	Benjamin	Wills	Bracknell	00:16:30	Senior Men (4x5k)
100	A70	Henry	Silverstein	Hercules	00:16:30	Senior Men (4x5k)
101	D181	Cameron	Chambers	Tonbridge	00:16:30	Senior Men (4x5k)
102	A82	Christophe	Smith	Huntingdoi	00:16:31	Senior Men (4x5k)
103	B129	Alfie	Hocking	North Som	00:16:31	Senior Men (4x5k)
104	A157	Robert	Smyk	Salford Ha	00:16:31	Senior Men (4x5k)
105	A99	Gavyn	Chalmers	Leeds City	00:16:32	Senior Men (4x5k)
106	A142	Samuel	Roberts	Retford AC	00:16:32	Senior Men (4x5k)
107	B164	Peter	Hart	Southamp	00:16:33	Senior Men (4x5k)

108	B70	Charlie	Wyllie	Hercules	00:16:33	Senior Men (4x5k)
109	A72	Daniel	Shaw	Herne Hill	00:16:35	Senior Men (4x5k)
110	C30	Michael	Bartram	Cambridge	00:16:35	Senior Men (4x5k)
111	A171	Michael	Wilson	Sunderland	00:16:36	Senior Men (4x5k)
112	A39	Luca	Parker	City of York	00:16:36	Senior Men (4x5k)
113	C164	Sam	Costley	Southampton	00:16:37	Senior Men (4x5k)
114	A96	Baljeev	Kandola	Leamington	00:16:37	Senior Men (4x5k)
115	D17	Luke	Betts	Blackburn	00:16:37	Senior Men (4x5k)
116	C194	Cameron	Field	Warrington	00:16:38	Senior Men (4x5k)
117	D134	Andrew	Offor	Nuneaton	00:16:38	Senior Men (4x5k)
118	D186	Max	Cunningham	University	00:16:38	Senior Men (4x5k)
119	B34	Simon	Bossi	Chiltern Har	00:16:38	Senior Men (4x5k)
120	C6	Samuel	Winters	Bedford &	00:16:38	Senior Men (4x5k)
121	D102	Jack	O'Farrell	Liverpool	00:16:38	Senior Men (4x5k)
122	A168	Joshua	Hobbs	St Mary's	00:16:39	Senior Men (4x5k)
123	A194	Jordan	Jones	Warrington	00:16:40	Senior Men (4x5k)
124	B109	Fintan	Kavanagh	Loughboro	00:16:41	Senior Men (4x5k)
125	D6	James	Minter	Bedford &	00:16:41	Senior Men (4x5k)
126	A136	Nathan	Bunting	Peterboro	00:16:42	Senior Men (4x5k)
127	B14	Jason	Bennett	Birchfield	00:16:42	Senior Men (4x5k)
128	B99	Nathan	Marsh	Leeds City	00:16:42	Senior Men (4x5k)
129	C70	Archie	Walton	Hercules	00:16:42	Senior Men (4x5k)
130	D187	Aaron	Doyle	Vale Royal	00:16:43	Senior Men (4x5k)
131	B40	Daniel	James	Cleethorpe	00:16:44	Senior Men (4x5k)
132	A37	Will	Simm	City Of No	00:16:44	Senior Men (4x5k)
133	B103	Ethan	Ackroyd	Liverpool	00:16:45	Senior Men (4x5k)
134	C117	Lawrence	McCourt	Morpeth	00:16:45	Senior Men (4x5k)
135	A182	Will	Beeston	Tonbridge	00:16:45	Senior Men (4x5k)
136	C187	Arun	Dight	Vale Royal	00:16:45	Senior Men (4x5k)
137	A113	James	Tuttle	Marshall	00:16:46	Senior Men (4x5k)
138	D86	Tom	Barrett	Keighley &	00:16:46	Senior Men (4x5k)
139	B30	William	Newcombe	Cambridge	00:16:49	Senior Men (4x5k)
140	A68	Joe	Rainsford	Heanor Ru	00:16:50	Senior Men (4x5k)
141	A156	Ewan	Wheelwright	Salford Ha	00:16:50	Senior Men (4x5k)
142	C196	Ben	Price	Western T	00:16:50	Senior Men (4x5k)
143	D196	Dylan	Gillett	Western T	00:16:51	Senior Men (4x5k)
144	A89	Dame	Dibaba	Kent AC	00:16:51	Senior Men (4x5k)
145	A191	Daniel	Franks	Wakefield	00:16:51	Senior Men (4x5k)
146	A102	Aduaqani	Sharif	Liverpool	00:16:51	Senior Men (4x5k)
147	C135	Daniel	Bundred	Oxford Uni	00:16:51	Senior Men (4x5k)
148	A107	Nicholas	Dennis	Long Eaton	00:16:51	Senior Men (4x5k)
149	C86	Matthew	Kenneth	Keighley &	00:16:52	Senior Men (4x5k)
150	D99	Sean	Flanagan	Leeds City	00:16:52	Senior Men (4x5k)
151	B72	Andrew	Clarke	Herne Hill	00:16:52	Senior Men (4x5k)
152	C25	Luke	Burgess	Bristol an	00:16:53	Senior Men (4x5k)
153	A196	Daniel	Owen	Western T	00:16:53	Senior Men (4x5k)
154	A118	Daniel	Melling	Morpeth	00:16:55	Senior Men (4x5k)
155	A160	Phillip	Crout	Shaftesbur	00:16:55	Senior Men (4x5k)
156	B194	Daniel	Fox	Warrington	00:16:55	Senior Men (4x5k)
157	D64	Harry	Johnson	Halifax Ha	00:16:55	Senior Men (4x5k)
158	C66	Jonathan	Crickmore	Hallamshir	00:16:57	Senior Men (4x5k)
159	C129	Jack	Wilkinson	North Som	00:16:57	Senior Men (4x5k)
160	D77	Sean	Renfer	Highgate	00:16:57	Senior Men (4x5k)
161	A85	James	Akhurst	Invicta Ea	00:16:57	Senior Men (4x5k)

162	D30	Tim	Harrison	Cambridge	00:16:58	Senior Men (4x5k)
163	B183	Jordan	Chambers	Tonbridge	00:16:58	Senior Men (4x5k)
164	C182	Charlie	Crick	Tonbridge	00:16:59	Senior Men (4x5k)
165	B25	Jonathan	Thewlis	Bristol an	00:16:59	Senior Men (4x5k)
166	D41	Edward	Mitchell	Cornwall A	00:16:59	Senior Men (4x5k)
167	B113	Jack	Pocock	Marshall M	00:16:59	Senior Men (4x5k)
168	A48	Joseph	Hudak	East Chesl	00:16:59	Senior Men (4x5k)
169	D182	Michael	Ellis	Tonbridge	00:17:00	Senior Men (4x5k)
170	D8	Jonathan	Janes	Bedford &	00:17:00	Senior Men (4x5k)
171	A187	Jacob	Brown	Vale Royal	00:17:01	Senior Men (4x5k)
172	A64	Josh	Hall-Brown	Halifax Ha	00:17:02	Senior Men (4x5k)
173	D78	Jack	Stenson	Highgate F	00:17:02	Senior Men (4x5k)
174	A111	Ben	Burnham	Mansfield I	00:17:04	Senior Men (4x5k)
175	B171	Stephen	Jackson	Sunderlan	00:17:04	Senior Men (4x5k)
176	B182	Simon	Coppard	Tonbridge	00:17:06	Senior Men (4x5k)
177	C17	Ben	Fish	Blackburn	00:17:06	Senior Men (4x5k)
178	C14	Daniel	Swain	Birchfield F	00:17:06	Senior Men (4x5k)
179	D113	Matthew	Dicks	Marshall M	00:17:06	Senior Men (4x5k)
180	A183	Toby	Emm	Tonbridge	00:17:07	Senior Men (4x5k)
181	D70	Alex	Sutton	Hercules	00:17:07	Senior Men (4x5k)
182	D194	Brandon	Quinton	Warrington	00:17:09	Senior Men (4x5k)
183	C157	Oliver	Cook	Salford Ha	00:17:11	Senior Men (4x5k)
184	C77	Peter	Chambers	Highgate F	00:17:11	Senior Men (4x5k)
185	A78	Jack	McVann	Highgate F	00:17:12	Senior Men (4x5k)
186	C102	Michael	McCarthy	Liverpool F	00:17:13	Senior Men (4x5k)
187	A123	Nathan	Brown	Newmarke	00:17:13	Senior Men (4x5k)
188	D131	Matthew	Williams	Notts AC	00:17:13	Senior Men (4x5k)
189	C7	Jake	Richardson	Bedford &	00:17:14	Senior Men (4x5k)
190	A3	Finlay	Cross	Aldershot F	00:17:14	Senior Men (4x5k)
191	B8	Jamie	Webster	Bedford &	00:17:15	Senior Men (4x5k)
192	A184	Seb	Patrick	Trafford At	00:17:16	Senior Men (4x5k)
193	A27	Harrison	Mayne	Bromsgrov	00:17:16	Senior Men (4x5k)
194	B71	Ryan	McAlister	Hercules	00:17:17	Senior Men (4x5k)
195	B78	James	Ross	Highgate F	00:17:17	Senior Men (4x5k)
196	A40	Rob	Payne	Cleethorpe	00:17:17	Senior Men (4x5k)
197	A91	Lucas	Mansell	Kettering T	00:17:18	Senior Men (4x5k)
198	A197	Simon	Millett	Windsor SI	00:17:19	Senior Men (4x5k)
199	A104	Sam	Flaherty	Liverpool F	00:17:20	Senior Men (4x5k)
200	A66	David	Lewis	Hallamshir	00:17:21	Senior Men (4x5k)
201	C31	Sullivan	Smith	Cambridge	00:17:21	Senior Men (4x5k)
202	D129	Thomas	Gostelow	North Som	00:17:21	Senior Men (4x5k)
203	A103	Harry	Blackburn	Liverpool F	00:17:21	Senior Men (4x5k)
204	B131	Jack	Holland	Notts AC	00:17:23	Senior Men (4x5k)
205	A132	Tim	Hartley	Notts AC E	00:17:23	Senior Men (4x5k)
206	C82	James	Orrell	Huntingdoi	00:17:23	Senior Men (4x5k)
207	B177	Niki	Faulkner	Thames V	00:17:23	Senior Men (4x5k)
208	C181	Alasdair	Kinloch	Tonbridge	00:17:23	Senior Men (4x5k)
209	B1	Harrison	Read	Abingdon	00:17:23	Senior Men (4x5k)
210	D82	Joey	Croft	Huntingdoi	00:17:24	Senior Men (4x5k)
211	C183	Calum	Laing	Tonbridge	00:17:24	Senior Men (4x5k)
212	A195	Alex	Haggard K	Warriors P	00:17:24	Senior Men (4x5k)
213	D38	Mark	Bolland-C	City of Yor	00:17:24	Senior Men (4x5k)
214	C107	Ben	Plummer	Long Eato	00:17:25	Senior Men (4x5k)
215	B153	Ben	Brunswick	Sale Harri	00:17:25	Senior Men (4x5k)

216	B48	Gavin	Browne	East Chesl	00:17:26	Senior Men (4x5k)
217	D14	Matt	Scarsbrook	Birchfield F	00:17:27	Senior Men (4x5k)
218	D89	James	Boustead	Kent AC	00:17:27	Senior Men (4x5k)
219	A7	Michael	Harrison	Bedford &	00:17:27	Senior Men (4x5k)
220	A18	Ben	Makin	Blackburn	00:17:28	Senior Men (4x5k)
221	D66	John	Birch	Hallamshir	00:17:28	Senior Men (4x5k)
222	B86	Jimmy	Lund	Keighley &	00:17:29	Senior Men (4x5k)
223	C85	Joseph	Griffiths	Invicta Eas	00:17:29	Senior Men (4x5k)
224	B143	Matthew	Harris	Rossendal	00:17:29	Senior Men (4x5k)
225	A1	Craig	Jardine	Abingdon	00:17:30	Senior Men (4x5k)
226	A144	Jonathan	Cleaver	Rossendal	00:17:30	Senior Men (4x5k)
227	C64	Max	Burgin	Halifax Ha	00:17:30	Senior Men (4x5k)
228	C138	Matthew	Kunov	Reading A	00:17:31	Senior Men (4x5k)
229	C156	Joshua	Dutton	Salford Ha	00:17:31	Senior Men (4x5k)
230	C3	George	Morris	Aldershot	00:17:31	Senior Men (4x5k)
231	D107	Ryan	Haw	Long Eato	00:17:33	Senior Men (4x5k)
232	A119	Tom	Marshall	Newark AC	00:17:33	Senior Men (4x5k)
233	A172	Stanley	Clarke	Sutton in A	00:17:35	Senior Men (4x5k)
234	B7	Alfred	Yabsley	Bedford &	00:17:35	Senior Men (4x5k)
235	C148	William	Gardner	Rugby & N	00:17:38	Senior Men (4x5k)
236	A58	Jack	Douglas	Gatesheac	00:17:38	Senior Men (4x5k)
237	C78	Harry	Allan	Highgate F	00:17:38	Senior Men (4x5k)
238	C113	Ian	Wood	Marshall M	00:17:39	Senior Men (4x5k)
239	D183	George	Marshall	Tonbridge	00:17:39	Senior Men (4x5k)
240	D20	Micah	Evans	Blackheat	00:17:40	Senior Men (4x5k)
241	D72	David	Moyse	Herne Hill	00:17:41	Senior Men (4x5k)
242	B26	Hugh	Brashaw	Bristol an	00:17:42	Senior Men (4x5k)
243	C26	Andrew	Watt	Bristol an	00:17:42	Senior Men (4x5k)
244	C143	Robert	Webb	Rossendal	00:17:43	Senior Men (4x5k)
245	D67	Christian	Battersby	Hallamshir	00:17:43	Senior Men (4x5k)
246	C37	Gary	Crush	City Of No	00:17:44	Senior Men (4x5k)
247	A67	Sam	Kenmore	Hallamshir	00:17:45	Senior Men (4x5k)
248	B15	Daniel	Robinson	Birminghar	00:17:45	Senior Men (4x5k)
249	A55	Stuart	Spencer	Fitmums a	00:17:45	Senior Men (4x5k)
250	D37	Jacob	Ocal	City Of No	00:17:45	Senior Men (4x5k)
251	A180	Joseph	Read	Tipton Har	00:17:45	Senior Men (4x5k)
252	B119	William	Tucker	Newark AC	00:17:45	Senior Men (4x5k)
253	C103	Joe	Roberts	Liverpool F	00:17:46	Senior Men (4x5k)
254	A73	Simon	Coombes	Herne Hill	00:17:46	Senior Men (4x5k)
255	A26	Aaron	Bruce	Bristol an	00:17:46	Senior Men (4x5k)
256	A90	Ben	Harding	Kent AC B	00:17:47	Senior Men (4x5k)
257	D116	Max	Nicolle	Milton Key	00:17:49	Senior Men (4x5k)
258	D144	Joseph	Johnston	Rossendal	00:17:49	Senior Men (4x5k)
259	D27	Mark	Appleton	Bromsgrov	00:17:50	Senior Men (4x5k)
260	C186	Michael	Stevens	University	00:17:50	Senior Men (4x5k)
261	B138	Mark	Booth	Reading A	00:17:50	Senior Men (4x5k)
262	B167	George	Withers	St Albans	00:17:51	Senior Men (4x5k)
263	C153	Alex	Bradford	Sale Harri	00:17:51	Senior Men (4x5k)
264	D26	Harvey	Hancock	Bristol an	00:17:52	Senior Men (4x5k)
265	B96	James	Hunter	Leamingto	00:17:52	Senior Men (4x5k)
266	D57	Dave	Richards	Gatesheac	00:17:52	Senior Men (4x5k)
267	C48	Gareth	Raven	East Chesl	00:17:53	Senior Men (4x5k)
268	B68	Andy	Harding	Heanor Ru	00:17:54	Senior Men (4x5k)
269	D164	Scott	Pulley	Southamp	00:17:55	Senior Men (4x5k)

270	C89	Owen	Hind	Kent AC	00:17:55	Senior Men (4x5k)
271	B90	Ian	Ellwood	Kent AC B	00:17:55	Senior Men (4x5k)
272	B168	Reece	Lincoln	St Mary's	00:17:55	Senior Men (4x5k)
273	C57	Lewis	Liddle	Gateshead	00:17:56	Senior Men (4x5k)
274	B145	Ben	Burton	Rotherham	00:17:56	Senior Men (4x5k)
275	C105	Daniel	Jones	Liverpool	00:17:56	Senior Men (4x5k)
276	A108	Mark	Boot	Long Eaton	00:17:56	Senior Men (4x5k)
277	B184	David	Bowers	Trafford At	00:17:57	Senior Men (4x5k)
278	D62	James	Thomas	Halesowen	00:17:59	Senior Men (4x5k)
279	B20	Jake	Leng	Blackheat	00:18:00	Senior Men (4x5k)
280	D175	Peter	Hackett	Tamworth	00:18:02	Senior Men (4x5k)
281	C72	Oliver	Walker	Herne Hill	00:18:02	Senior Men (4x5k)
282	B187	Sam	Stephens	Vale Royal	00:18:04	Senior Men (4x5k)
283	D158	Patrick	Faulkner	Salford Ha	00:18:05	Senior Men (4x5k)
284	A189	David	Song	Valley Stri	00:18:05	Senior Men (4x5k)
285	D161	Mark	Jones	Sheffield	00:18:05	Senior Men (4x5k)
286	B58	Shaun	Hudson	Gateshead	00:18:06	Senior Men (4x5k)
287	D143	Benjamin	Kirkman	Rossendale	00:18:06	Senior Men (4x5k)
288	A161	David	Millns	Sheffield	00:18:06	Senior Men (4x5k)
289	C110	Lewis	Boswell	Mansfield I	00:18:06	Senior Men (4x5k)
290	A71	Chris	McIlroy	Hercules	00:18:08	Senior Men (4x5k)
291	A188	James	Griffiths	Vale Royal	00:18:08	Senior Men (4x5k)
292	A31	Olle-josep	Parmenter	Cambridge	00:18:09	Senior Men (4x5k)
293	B107	Darlington	Magalela	Long Eaton	00:18:10	Senior Men (4x5k)
294	B133	Tom	De Jong	Notts AC C	00:18:10	Senior Men (4x5k)
295	C73	James	Nutt	Herne Hill	00:18:10	Senior Men (4x5k)
296	C20	Justin	Strover	Blackheat	00:18:11	Senior Men (4x5k)
297	B64	Ben	Crowther	Halifax Ha	00:18:12	Senior Men (4x5k)
298	A8	Joe	Strange	Bedford &	00:18:12	Senior Men (4x5k)
299	B188	Oliver	Williams	Vale Royal	00:18:14	Senior Men (4x5k)
300	D83	Jack	Clark	Huntingdon	00:18:15	Senior Men (4x5k)
301	B47	Harry	Law	Dudley An	00:18:16	Senior Men (4x5k)
302	B148	Matthew	Everett	Rugby & N	00:18:16	Senior Men (4x5k)
303	A158	Callum	Jones	Salford Ha	00:18:16	Senior Men (4x5k)
304	D110	Jordan	Boam	Mansfield I	00:18:17	Senior Men (4x5k)
305	D109	Jack	Dickson	Loughboro	00:18:18	Senior Men (4x5k)
306	A51	Andrew	Deyes	East Hull F	00:18:19	Senior Men (4x5k)
307	B3	Caleb	Stephens	Aldershot F	00:18:19	Senior Men (4x5k)
308	A185	Thomas	Rogers	Trafford At	00:18:20	Senior Men (4x5k)
309	D138	Ben	Rollings	Reading A	00:18:21	Senior Men (4x5k)
310	D157	Patrick	Henderso	Salford Ha	00:18:21	Senior Men (4x5k)
311	C15	David	Bissuel	Birmingham	00:18:21	Senior Men (4x5k)
312	B108	James	Fisher	Long Eaton	00:18:21	Senior Men (4x5k)
313	C122	John	Gordon	Newham &	00:18:21	Senior Men (4x5k)
314	C96	Alexander	Ibbs	Leamington	00:18:22	Senior Men (4x5k)
315	C111	Daniel	Wheat	Mansfield I	00:18:23	Senior Men (4x5k)
316	A124	John	Sanderson	North Dert	00:18:23	Senior Men (4x5k)
317	B132	John	Muddemar	Notts AC E	00:18:23	Senior Men (4x5k)
318	C62	Peter	Dear	Halesowen	00:18:24	Senior Men (4x5k)
319	B172	Adam	Knights	Sutton in A	00:18:24	Senior Men (4x5k)
320	A20	Daniel	Kennedy	Blackheat	00:18:25	Senior Men (4x5k)
321	D96	Stanley	Doxey	Leamington	00:18:25	Senior Men (4x5k)
322	C123	Joseph	Bendall	Newmarke	00:18:25	Senior Men (4x5k)
323	C119	Leigh	Marshall	Newark AC	00:18:26	Senior Men (4x5k)

324	B136	Simon	Fell	Peterborou	00:18:26	Senior Men (4x5k)
325	A199	Thomas	Shaw	Worksop F	00:18:26	Senior Men (4x5k)
326	D3	Ben	Bishop	Aldershot F	00:18:27	Senior Men (4x5k)
327	B67	Richard	Barker	Hallamshir	00:18:27	Senior Men (4x5k)
328	B158	Joseph	Twigg	Salford Ha	00:18:29	Senior Men (4x5k)
329	B144	Sean	Greenwoo	Rossendal	00:18:30	Senior Men (4x5k)
330	C8	Thomas	Powell	Bedford &	00:18:31	Senior Men (4x5k)
331	A42	Abhik	Gupta	Cornwall A	00:18:31	Senior Men (4x5k)
332	C145	Sam	Clegg	Rotherhar	00:18:32	Senior Men (4x5k)
333	A49	Nigel	Malkin	East Chesl	00:18:32	Senior Men (4x5k)
334	B175	Max	Kent	Tamworth	00:18:33	Senior Men (4x5k)
335	C67	Ewan	Heritage	Hallamshir	00:18:33	Senior Men (4x5k)
336	D22	Oliver	Hall	Bracknell	00:18:34	Senior Men (4x5k)
337	B18	Christophe	Davies	Blackburn	00:18:35	Senior Men (4x5k)
338	C175	Robert	Dyjak	Tamworth	00:18:35	Senior Men (4x5k)
339	C133	Rezene	Hayle	Notts AC C	00:18:35	Senior Men (4x5k)
340	B161	Aaron	Francis	Sheffield	00:18:36	Senior Men (4x5k)
341	C188	Stuart	Doyle	Vale Royal	00:18:38	Senior Men (4x5k)
342	D7	Craig	Emmerson	Bedford &	00:18:39	Senior Men (4x5k)
343	C109	Lewis	Watt	Loughboro	00:18:40	Senior Men (4x5k)
344	C167	Phillip	Evans	St Albans	00:18:41	Senior Men (4x5k)
345	B105	Jonathon	Bride	Liverpool	00:18:43	Senior Men (4x5k)
346	A133	Jack	Speake	Notts AC C	00:18:43	Senior Men (4x5k)
347	A9	Adam	Searle	Beeston A	00:18:43	Senior Men (4x5k)
348	B89	Jake	Simmonds	Kent AC	00:18:44	Senior Men (4x5k)
349	D31	Matthew	Fox	Cambridge	00:18:44	Senior Men (4x5k)
350	A88	Joe	Todd	Kendal Arr	00:18:45	Senior Men (4x5k)
351	A50	Jacob	Taylor	East Chesl	00:18:45	Senior Men (4x5k)
352	B74	Fintan	Kearney	Herne Hill	00:18:46	Senior Men (4x5k)
353	D49	Matthew	Smith	East Chesl	00:18:46	Senior Men (4x5k)
354	C171	Nathan	Reed	Sunderlan	00:18:46	Senior Men (4x5k)
355	B37	Patrick	Thomas	City Of No	00:18:47	Senior Men (4x5k)
356	B73	Mike	Cummings	Herne Hill	00:18:47	Senior Men (4x5k)
357	B27	Peter	Ball	Bromsgrov	00:18:47	Senior Men (4x5k)
358	B31	Andrew	Parmenter	Cambridge	00:18:49	Senior Men (4x5k)
359	A5	Neil	Armitage	Barnsley H	00:18:51	Senior Men (4x5k)
360	C68	Ethan	Rowley	Heanor Ru	00:18:51	Senior Men (4x5k)
361	A79	Matthew	Nutt	Holme Pie	00:18:51	Senior Men (4x5k)
362	C199	Adam	Turner	Worksop F	00:18:51	Senior Men (4x5k)
363	D171	Christophe	Bell	Sunderlan	00:18:52	Senior Men (4x5k)
364	D189	Daniel	Grant	Valley Stri	00:18:53	Senior Men (4x5k)
365	C71	Richard	Jones	Hercules	00:18:53	Senior Men (4x5k)
366	C136	Steven	Sheppard	Peterborou	00:18:53	Senior Men (4x5k)
367	D145	Aidan	Johnson	Rotherhar	00:18:53	Senior Men (4x5k)
368	B83	Simon	Mead	Huntingdoi	00:18:56	Senior Men (4x5k)
369	D5	Paul	Johnson	Barnsley H	00:18:57	Senior Men (4x5k)
370	B191	Steve	Lowe	Wakefield	00:18:57	Senior Men (4x5k)
371	A62	Richard	White	Halesower	00:18:57	Senior Men (4x5k)
372	C90	Nicholas	Chevis	Kent AC B	00:18:57	Senior Men (4x5k)
373	D94	Mark	Gladwin	Kimberwor	00:18:59	Senior Men (4x5k)
374	B112	Richie	Talbot	Mansfield I	00:18:59	Senior Men (4x5k)
375	C114	Graham	Jones	Marshall M	00:18:59	Senior Men (4x5k)
376	A47	David	Ratcliffe	Dudley An	00:19:00	Senior Men (4x5k)
377	C184	Alex	Jones	Trafford At	00:19:01	Senior Men (4x5k)

378	D90	Calum	Fraser	Kent AC B	00:19:03	Senior Men (4x5k)
379	B62	Ben	Williets	Halesower	00:19:03	Senior Men (4x5k)
380	A83	Ty	Farrer	Huntingdon	00:19:03	Senior Men (4x5k)
381	C74	Scott	Morrison	Herne Hill	00:19:06	Senior Men (4x5k)
382	A28	Wayne	Watkins	Bromsgrov	00:19:06	Senior Men (4x5k)
383	B120	Geoffrey	Gregory	Newark AC	00:19:07	Senior Men (4x5k)
384	A59	Joaquim	Jeronimo	Grantham	00:19:09	Senior Men (4x5k)
385	B111	David	Cass	Mansfield I	00:19:09	Senior Men (4x5k)
386	D184	Jeff	Prest	Trafford At	00:19:10	Senior Men (4x5k)
387	B123	James	Smith	Newmarke	00:19:11	Senior Men (4x5k)
388	D91	Joe	Young	Kettering T	00:19:14	Senior Men (4x5k)
389	B91	David	Locker	Kettering T	00:19:14	Senior Men (4x5k)
390	C40	Jordan	Carlile	Cleethorpe	00:19:17	Senior Men (4x5k)
391	B32	Paul	Harmer	Charnwoo	00:19:17	Senior Men (4x5k)
392	D136	Steven	Wilkinson	Peterboro	00:19:17	Senior Men (4x5k)
393	C180	Adam	Barnes	Tipton Har	00:19:18	Senior Men (4x5k)
394	C27	Brett	Elesmore	Bromsgrov	00:19:19	Senior Men (4x5k)
395	D1	Jack	Miller	Abingdon	00:19:19	Senior Men (4x5k)
396	C1	Paul	Hughes	Abingdon	00:19:20	Senior Men (4x5k)
397	D123	Mark	Hayward	Newmarke	00:19:21	Senior Men (4x5k)
398	D122	Wayne	Bell	Newham &	00:19:22	Senior Men (4x5k)
399	B45	Mariusz	Felczerek	Doncaster	00:19:23	Senior Men (4x5k)
400	A13	Shaun	Bott	Belper Har	00:19:23	Senior Men (4x5k)
401	C47	Gary	Worrall	Dudley An	00:19:23	Senior Men (4x5k)
402	B180	Aaron	Cooper-Br	Tipton Har	00:19:24	Senior Men (4x5k)
403	C177	Gordon	Low	Thames V	00:19:26	Senior Men (4x5k)
404	C22	Aaron	Enser	Bracknell	00:19:26	Senior Men (4x5k)
405	B5	Adam	Chambers	Barnsley H	00:19:27	Senior Men (4x5k)
406	C144	Ed	Hunt	Rossendal	00:19:28	Senior Men (4x5k)
407	C108	Alex	Vize	Long Eato	00:19:30	Senior Men (4x5k)
408	B189	Edward	Cheseldine	Valley Stri	00:19:31	Senior Men (4x5k)
409	D119	David	Robinson	Newark AC	00:19:31	Senior Men (4x5k)
410	D105	Kevin	Usher	Liverpool	00:19:31	Senior Men (4x5k)
411	D108	Michael	Bland	Long Eato	00:19:31	Senior Men (4x5k)
412	B190	Jonathan	Holt	Vegan Rur	00:19:32	Senior Men (4x5k)
413	D111	Drew	Hurst	Mansfield I	00:19:33	Senior Men (4x5k)
414	A151	Steve	Dickens	Rushcliffe	00:19:34	Senior Men (4x5k)
415	C116	Mintu	Sidhu	Milton Key	00:19:35	Senior Men (4x5k)
416	B114	Stephen	Ratcliffe	Marshall M	00:19:36	Senior Men (4x5k)
417	C51	Shaun	Alcock	East Hull F	00:19:38	Senior Men (4x5k)
418	D112	Ben	Hampson	Mansfield I	00:19:40	Senior Men (4x5k)
419	A74	Gregory	Mills	Herne Hill	00:19:41	Senior Men (4x5k)
420	C191	Ashley	Crow	Wakefield	00:19:43	Senior Men (4x5k)
421	D58	Angus	McKenzie	Gatesheac	00:19:44	Senior Men (4x5k)
422	C170	Richard Ac	Pegg	Steel City	00:19:45	Senior Men (4x5k)
423	A120	Chris	Harrison	Newark AC	00:19:45	Senior Men (4x5k)
424	C45	Connor	Anderson	Doncaster	00:19:46	Senior Men (4x5k)
425	D63	James	Hoult	Halesower	00:19:47	Senior Men (4x5k)
426	A35	Martin	Smith	City of Hul	00:19:49	Senior Men (4x5k)
427	B49	Callum	Parkinson	East Chesl	00:19:50	Senior Men (4x5k)
428	A201	Samuel	Kemp	Wreake &	00:19:51	Senior Men (4x5k)
429	A4	Richard	Batchelor	Aldershot f	00:19:52	Senior Men (4x5k)
430	A137	Toby	Hall	Peterboro	00:19:52	Senior Men (4x5k)
431	C18	Daniel	Maynard	Blackburn	00:19:53	Senior Men (4x5k)



432	D79	Andrew	Walters	Holme Pie	00:19:54	Senior Men (4x5k)
433	B104	Mathew	Chauhan	Liverpool F	00:19:55	Senior Men (4x5k)
434	D51	Paul	Teece	East Hull F	00:19:55	Senior Men (4x5k)
435	C189	Tom	Thomas	Valley Stri	00:19:55	Senior Men (4x5k)
436	C132	Stuart	King	Notts AC E	00:19:56	Senior Men (4x5k)
437	B80	Andrew	Soley	Holme Pie	00:19:58	Senior Men (4x5k)
438	B52	Nigel	Sisson	East Hull F	00:19:59	Senior Men (4x5k)
439	C172	Richard	Robinson	Sutton in A	00:19:59	Senior Men (4x5k)
440	B51	Lee	Alcock	East Hull F	00:20:00	Senior Men (4x5k)
441	C58	Paul	Attley	Gatesheac	00:20:02	Senior Men (4x5k)
442	B59	Russel	Whittaker	Grantham	00:20:02	Senior Men (4x5k)
443	C124	James	Copestake	North Derk	00:20:03	Senior Men (4x5k)
444	B185	George	Wright	Trafford At	00:20:04	Senior Men (4x5k)
445	B142	Benjamin	Harris	Retford AC	00:20:04	Senior Men (4x5k)
446	B50	Tom	McMahon	East Chesl	00:20:06	Senior Men (4x5k)
447	C158	David	Hudson	Salford Ha	00:20:06	Senior Men (4x5k)
448	A115	Matt	Jackson	Matlock At	00:20:06	Senior Men (4x5k)
449	A80	David	Laws	Holme Pie	00:20:11	Senior Men (4x5k)
450	D167	Andrew	Shaw	St Albans	00:20:15	Senior Men (4x5k)
451	B124	Thomas	Topham	North Derk	00:20:16	Senior Men (4x5k)
452	B46	Thomas	Chisholm	Doncaster	00:20:16	Senior Men (4x5k)
453	B134	Matthew	Kinsella	Nuneaton I	00:20:17	Senior Men (4x5k)
454	D124	Bryce	Ward	North Derk	00:20:17	Senior Men (4x5k)
455	D68	Stephen	Ashmore	Heanor Ru	00:20:19	Senior Men (4x5k)
456	A94	Shaun	Wright	Kimberwor	00:20:22	Senior Men (4x5k)
457	C83	Chris	De Stefan	Huntingdoi	00:20:25	Senior Men (4x5k)
458	C50	Jonathan	Aust	East Chesl	00:20:25	Senior Men (4x5k)
459	D120	Timothy	Bagguley	Newark AC	00:20:27	Senior Men (4x5k)
460	C104	Callum	Grant	Liverpool F	00:20:27	Senior Men (4x5k)
461	C49	Sam	Mabbott	East Chesl	00:20:29	Senior Men (4x5k)
462	A175	Ben	Evans	Tamworth	00:20:29	Senior Men (4x5k)
463	D40	Michael	Skelton	Cleethorpe	00:20:30	Senior Men (4x5k)
464	B55	Luke	Barnes	Fitmums a	00:20:31	Senior Men (4x5k)
465	A46	Ben	Watkinson	Doncaster	00:20:33	Senior Men (4x5k)
466	D191	Christophe	Ward	Wakefield	00:20:34	Senior Men (4x5k)
467	B92	Jason	Buckley	Kimberley	00:20:36	Senior Men (4x5k)
468	A84	Steven	Church	Huntingdoi	00:20:37	Senior Men (4x5k)
469	D50	James	Hartshorne	East Chesl	00:20:37	Senior Men (4x5k)
470	D137	Alex	Curtis	Peterborol	00:20:37	Senior Men (4x5k)
471	C13	Chris	Wilshaw	Belper Har	00:20:37	Senior Men (4x5k)
472	A125	Andrew	Todd	North Derk	00:20:41	Senior Men (4x5k)
473	A169	Sam	Needham	Steel City	00:20:42	Senior Men (4x5k)
474	A69	Dean	Cross	Heanor Ru	00:20:44	Senior Men (4x5k)
475	A52	Matthew	Hayes	East Hull F	00:20:45	Senior Men (4x5k)
476	C5	Richard	Spooner	Barnsley H	00:20:45	Senior Men (4x5k)
477	B35	Lee	Hammond	City of Hul	00:20:49	Senior Men (4x5k)
478	C120	Oliver	Crampton	Newark AC	00:20:49	Senior Men (4x5k)
479	D59	Samuel	Jepson	Grantham	00:20:50	Senior Men (4x5k)
480	D172	Chris	Holmes	Sutton in A	00:20:53	Senior Men (4x5k)
481	B151	Steven	Carr	Rushcliffe	00:20:55	Senior Men (4x5k)
482	C112	Paul	Whittingha	Mansfield I	00:20:57	Senior Men (4x5k)
483	C80	Sam	Williams-D	Holme Pie	00:20:57	Senior Men (4x5k)
484	B195	Paul	Grabe	Warriors P	00:20:58	Senior Men (4x5k)
485	B115	David	Robertson	Matlock At	00:20:59	Senior Men (4x5k)

486	A192	Ryan	Williams	Wakefield	00:21:00	Senior Men (4x5k)
487	C91	Ellis	Johnson	Kettering T	00:21:01	Senior Men (4x5k)
488	D85	Gavin	Whitlock	Invicta Eas	00:21:01	Senior Men (4x5k)
489	D114	Eliot	Winter	Marshall M	00:21:02	Senior Men (4x5k)
490	D73	Ryan	Willmott	Herne Hill	00:21:02	Senior Men (4x5k)
491	A202	Ben	Wilson	Redhill Ro	00:21:02	Senior Men (4x5k)
492	B137	Connor	Baker	Peterborou	00:21:02	Senior Men (4x5k)
493	D80	Anthony	Squire	Holme Piei	00:21:03	Senior Men (4x5k)
494	B94	Kevin	Doyle	Kimberwor	00:21:04	Senior Men (4x5k)
495	A190	Allan	Shaw	Vegan Rur	00:21:04	Senior Men (4x5k)
496	A81	Robert	Mugglesto	Holme Piei	00:21:04	Senior Men (4x5k)
497	A112	Jamie	MacIntyre	Mansfield I	00:21:05	Senior Men (4x5k)
498	D153	David	Marsh	Sale Harri	00:21:05	Senior Men (4x5k)
499	C121	Adrian	Dix	Newark AC	00:21:06	Senior Men (4x5k)
500	A92	Ryan	Stocks	Kimberley	00:21:09	Senior Men (4x5k)
501	D169	Malcolm	Baggaley	Steel City	00:21:11	Senior Men (4x5k)
502	B95	Colin	Earl	Kimberwor	00:21:15	Senior Men (4x5k)
503	B88	Carl	Hanaghan	Kendal Arr	00:21:15	Senior Men (4x5k)
504	C94	Toby	Bellis	Kimberwor	00:21:17	Senior Men (4x5k)
505	B28	Andrew	Freeman	Bromsgrov	00:21:18	Senior Men (4x5k)
506	C185	Jacob	Fletcher	Trafford At	00:21:21	Senior Men (4x5k)
507	D81	Matthew	Grainge	Holme Piei	00:21:22	Senior Men (4x5k)
508	C59	Peter	Bonner	Grantham	00:21:23	Senior Men (4x5k)
509	A170	Nick	Burns	Steel City	00:21:23	Senior Men (4x5k)
510	D92	Daniel	Bailey	Kimberley	00:21:25	Senior Men (4x5k)
511	B125	Wayne	Church	North Dert	00:21:27	Senior Men (4x5k)
512	C161	Tim	Fletcher	Sheffield	00:21:27	Senior Men (4x5k)
513	D177	Fahad	Abdi	Thames V:	00:21:28	Senior Men (4x5k)
514	B170	Alex	Pegg	Steel City	00:21:38	Senior Men (4x5k)
515	A162	Eddie	Chappel	Sheffield	00:21:42	Senior Men (4x5k)
516	A44	Richard	Veitch	Desford St	00:21:46	Senior Men (4x5k)
517	B192	Philip	Ambler	Wakefield	00:21:49	Senior Men (4x5k)
518	A147	Gavin	Edley	Rotherharr	00:21:49	Senior Men (4x5k)
519	C142	Bevan	Adams	Retford AC	00:21:50	Senior Men (4x5k)
520	C162	Pez	Holda	Sheffield	00:21:51	Senior Men (4x5k)
521	C60	Matthew	Atter	Grantham	00:21:52	Senior Men (4x5k)
522	D10	Andrew	Smith	Beeston A	00:21:52	Senior Men (4x5k)
523	D163	Oliver	Duguay	South Birr	00:21:56	Senior Men (4x5k)
524	A114	Steve	Tuttle	Marshall M	00:21:56	Senior Men (4x5k)
525	C28	Will	Noyce	Bromsgrov	00:21:57	Senior Men (4x5k)
526	C115	Tim	Clayton	Matlock At	00:21:57	Senior Men (4x5k)
527	A54	Michael	Russell	Elswick Ha	00:21:57	Senior Men (4x5k)
528	B13	Matthew	Naylor	Belper Har	00:21:57	Senior Men (4x5k)
529	A134	James	Gillum	Nuneaton I	00:21:59	Senior Men (4x5k)
530	D202	Simon	Nash	Redhill Ro	00:22:00	Senior Men (4x5k)
531	D35	Tim	Savage	City of Hul	00:22:02	Senior Men (4x5k)
532	D28	Jaroslav	Sosko	Bromsgrov	00:22:03	Senior Men (4x5k)
533	C35	Eddie	Rex	City of Hul	00:22:03	Senior Men (4x5k)
534	D162	Dean	Furniss	Sheffield	00:22:04	Senior Men (4x5k)
535	D45	Peter Willi	Badger	Doncaster	00:22:07	Senior Men (4x5k)
536	A63	Carl	Follows	Halesower	00:22:11	Senior Men (4x5k)
537	D9	Colin	Smith Mc	Beeston A	00:22:13	Senior Men (4x5k)
538	A141	Benjamin	Abbott	Redhill Ro	00:22:14	Senior Men (4x5k)
539	B140	Lee	Scott	Redhill Ro	00:22:15	Senior Men (4x5k)

540	B174	Jordan	Mitchell	Sutton in A	00:22:15	Senior Men (4x5k)
541	A100	David	Pollitt	Leigh Harr	00:22:15	Senior Men (4x5k)
542	D185	Terry	Greenwoo	Trafford At	00:22:15	Senior Men (4x5k)
543	D125	Jack	Worley	North Der	00:22:16	Senior Men (4x5k)
544	C92	Liam	Johnson	Kimberley	00:22:20	Senior Men (4x5k)
545	B69	Chris	Cotton	Heanor Ru	00:22:21	Senior Men (4x5k)
546	A121	Thomas	Braithwaite	Newark AC	00:22:21	Senior Men (4x5k)
547	B9	David	Cross	Beeston A	00:22:22	Senior Men (4x5k)
548	D148	Michael	Starr	Rugby & N	00:22:26	Senior Men (4x5k)
549	A163	Kevin	Oakes	South Birr	00:22:26	Senior Men (4x5k)
550	C169	Al	Cook	Steel City	00:22:29	Senior Men (4x5k)
551	D93	Kevin	Johnson	Kimberley	00:22:30	Senior Men (4x5k)
552	D151	David	Gandee	Rushcliffe	00:22:31	Senior Men (4x5k)
553	B147	Neil	White	Rotherhar	00:22:40	Senior Men (4x5k)
554	A95	Christophe	Keeler	Kimberwor	00:22:43	Senior Men (4x5k)
555	C137	Dave	Knighton	Peterborol	00:22:44	Senior Men (4x5k)
556	D142	Simon	Foster	Retford AC	00:22:44	Senior Men (4x5k)
557	C63	Oliver	Dodd	Halesower	00:22:49	Senior Men (4x5k)
558	C151	Danny	McIntyre	Rushcliffe	00:22:50	Senior Men (4x5k)
559	A61	James	McMullen	Grantham	00:22:51	Senior Men (4x5k)
560	B10	Mark	Elwell	Beeston A	00:22:54	Senior Men (4x5k)
561	B169	Ian	Stinson	Steel City	00:22:54	Senior Men (4x5k)
562	A174	Darren	Hayes	Sutton in A	00:22:57	Senior Men (4x5k)
563	C134	Chris	Hamer-Ho	Nuneaton I	00:22:58	Senior Men (4x5k)
564	D195	Ronan	Kearney	Warriors P	00:22:59	Senior Men (4x5k)
565	B60	Robin	Atter	Grantham	00:23:01	Senior Men (4x5k)
566	B162	Daniel	Mortensen	Sheffield	00:23:05	Senior Men (4x5k)
567	B84	Derek	Darnell	Huntingdoi	00:23:05	Senior Men (4x5k)
568	A173	Daniel	Urwin	Sutton in A	00:23:08	Senior Men (4x5k)
569	C81	Martin	Walters	Holme Pie	00:23:10	Senior Men (4x5k)
570	C195	Mike	Vesey	Warriors P	00:23:14	Senior Men (4x5k)
571	A93	Dominic	Devlin	Kimberley	00:23:16	Senior Men (4x5k)
572	A166	James	Hannon	Sparkhill H	00:23:23	Senior Men (4x5k)
573	A200	Christophe	Lawrence	Worksop F	00:23:25	Senior Men (4x5k)
574	D71	James	Hamilton	Hercules	00:23:26	Senior Men (4x5k)
575	D47	Martin	Harrigan	Dudley An	00:23:26	Senior Men (4x5k)
576	B61	Jason	Walker	Grantham	00:23:32	Senior Men (4x5k)
577	A10	Alec	MacLean	Beeston A	00:23:32	Senior Men (4x5k)
578	A11	John	Walker	Beeston A	00:23:34	Senior Men (4x5k)
579	C163	Luke	Powell	South Birr	00:23:34	Senior Men (4x5k)
580	C69	Adrian	Smith	Heanor Ru	00:23:38	Senior Men (4x5k)
581	C9	Michael	Lyons	Beeston A	00:23:40	Senior Men (4x5k)
582	B199	Steve	Carr	Worksop F	00:23:40	Senior Men (4x5k)
583	C192	Liam	O'Flaherty	Wakefield	00:23:42	Senior Men (4x5k)
584	D60	Andrew	Pask	Grantham	00:23:43	Senior Men (4x5k)
585	C190	Brit	Peacock	Vegan Rur	00:23:47	Senior Men (4x5k)
586	B121	Lee	Braithwaite	Newark AC	00:23:47	Senior Men (4x5k)
587	A126	Mark	Trolley	North Der	00:23:52	Senior Men (4x5k)
588	D133	David	Oxland	Notts AC C	00:23:52	Senior Men (4x5k)
589	A140	Simon	Holmes	Redhill Ro	00:23:54	Senior Men (4x5k)
590	B100	Adam	Wilkinson	Leigh Harr	00:23:55	Senior Men (4x5k)
591	C140	Timothy	Raynor	Redhill Ro	00:23:55	Senior Men (4x5k)
592	A36	James	Durham	City of Hul	00:23:59	Senior Men (4x5k)
593	D199	Adam	Jonczyk	Worksop F	00:23:59	Senior Men (4x5k)

594	B201	Ian	Drage	Wreake &	00:24:00	Senior Men (4x5k)
595	D55	Ed	Husband	Fitmums a	00:24:06	Senior Men (4x5k)
596	B173	Robert	Roper	Sutton in A	00:24:06	Senior Men (4x5k)
597	D95	Jonathan	Griffin	Kimberwor	00:24:09	Senior Men (4x5k)
598	B11	Anthony	Wright	Beeston A	00:24:09	Senior Men (4x5k)
599	D103	Matthew	Hughes	Liverpool F	00:24:09	Senior Men (4x5k)
600	D115	Geoff	Cooper	Matlock At	00:24:10	Senior Men (4x5k)
601	C10	Barrie	Humphriss	Beeston A	00:24:10	Senior Men (4x5k)
602	D88	Andrew	Sheldon	Kendal Arr	00:24:12	Senior Men (4x5k)
603	C93	Glen	Weston	Kimberley	00:24:18	Senior Men (4x5k)
604	C173	Christophe	Bradshaw	Sutton in A	00:24:18	Senior Men (4x5k)
605	D100	Gary	Sanderson	Leigh Harr	00:24:36	Senior Men (4x5k)
606	C52	Martin	Hardey	East Hull F	00:24:37	Senior Men (4x5k)
607	B12	Adrian	Fowler	Belper Har	00:24:51	Senior Men (4x5k)
608	D11	Mihail	Mihaylov	Beeston A	00:24:53	Senior Men (4x5k)
609	C174	Gary	Bird	Sutton in A	00:25:00	Senior Men (4x5k)
610	D18	John	Chaplin	Blackburn	00:25:01	Senior Men (4x5k)
611	D121	Tom	Newbould	Newark AC	00:25:01	Senior Men (4x5k)
612	D84	Chris	Davies	Huntingdor	00:25:02	Senior Men (4x5k)
613	C125	Derry	French	North Derk	00:25:03	Senior Men (4x5k)
614	D61	Peter	Jennings	Grantham	00:25:05	Senior Men (4x5k)
615	D69	James	Wyatt	Heanor Ru	00:25:06	Senior Men (4x5k)
616	B4	Stuart	Boswell	Aldershot f	00:25:08	Senior Men (4x5k)
617	C12	Mark	Steele	Belper Har	00:25:09	Senior Men (4x5k)
618	C147	John	Fellows	Rotherhar	00:25:13	Senior Men (4x5k)
619	D13	David	Horton	Belper Har	00:25:21	Senior Men (4x5k)
620	B200	Nick	Mould	Worksop F	00:25:23	Senior Men (4x5k)
621	B141	Phil	James	Redhill Ro	00:25:25	Senior Men (4x5k)
622	C100	Brian	Copper	Leigh Harr	00:25:26	Senior Men (4x5k)
623	C36	Anthony	Chapman	City of Hul	00:25:30	Senior Men (4x5k)
624	D180	Myles	Wilson	Tipton Har	00:25:48	Senior Men (4x5k)
625	D32	Steven	Hillman	Charnwoo	00:25:52	Senior Men (4x5k)
626	D36	Paul	Davis	City of Hul	00:25:53	Senior Men (4x5k)
627	B81	Chris	Allen	Holme Pie	00:25:58	Senior Men (4x5k)
628	C61	Paul	Davis	Grantham	00:26:00	Senior Men (4x5k)
629	D190	Mark	Gregory	Vegan Rur	00:26:00	Senior Men (4x5k)
630	D140	Chris	Mellor-Dol	Redhill Ro	00:26:05	Senior Men (4x5k)
631	A60	Sam	Dodwell	Grantham	00:26:08	Senior Men (4x5k)
632	D44	Gavin	Heward	Desford St	00:26:09	Senior Men (4x5k)
633	C166	Tahir	Akhtar	Sparkhill H	00:26:13	Senior Men (4x5k)
634	C11	Michael	Read	Beeston A	00:26:39	Senior Men (4x5k)
635	B63	Matt	Allen	Halesower	00:26:55	Senior Men (4x5k)
636	D52	Tony	Alcock	East Hull F	00:27:05	Senior Men (4x5k)
637	C55	Alexander	Abel	Fitmums a	00:27:05	Senior Men (4x5k)
638	D12	Anthony	Marchant	Belper Har	00:27:07	Senior Men (4x5k)
639	B36	Donald	Johnson	City of Hul	00:27:25	Senior Men (4x5k)
640	A12	Robert	Pearce	Belper Har	00:27:29	Senior Men (4x5k)
641	D166	Andrew	Law	Sparkhill H	00:27:31	Senior Men (4x5k)
642	B44	Matt	Curtis	Desford St	00:27:32	Senior Men (4x5k)
643	C88	Gary	Hollis	Kendal Arr	00:27:45	Senior Men (4x5k)
644	D141	Clive	Greyson	Redhill Ro	00:28:15	Senior Men (4x5k)
645	B126	Chris	Hunt	North Derk	00:28:34	Senior Men (4x5k)
646	C200	Jeff	Newton	Worksop F	00:28:44	Senior Men (4x5k)
647	B166	Craig	Hinks	Sparkhill H	00:29:12	Senior Men (4x5k)

648	C95	Darren	Pryce	Kimberwor	00:29:15	Senior Men (4x5k)
649	D174	Jose	Colorado	Sutton in A	00:29:21	Senior Men (4x5k)
650	B163	Keith	Ward	South Birr	00:29:35	Senior Men (4x5k)
651	D200	Roy	Turner	Worksop F	00:29:35	Senior Men (4x5k)
652	C44	Ian	Birnie	Desford St	00:29:39	Senior Men (4x5k)
653	D126	David	Hicken	North Dert	00:30:54	Senior Men (4x5k)
654	B93	Thomas	Webb	Kimberley	00:31:49	Senior Men (4x5k)
655	C126	Shaun	Johnson	North Dert	00:31:51	Senior Men (4x5k)
656	C141	Andrew	Bee	Redhill Ro	00:33:01	Senior Men (4x5k)
657	C21	Anthony	Valentine	Bolton Uni	00:34:59	Senior Men (4x5k)
658	C79	Joe	O'Donnell	Holme Pie	00:39:50	Senior Men (4x5k)
659	C202	Wayne	Stott	Redhill Ro	00:41:04	Senior Men (4x5k)