

## National Cross Country Relays - Senior Men (4x5k)

<b>1 Cambridge &amp; Coleridge AC</b>		<b>29</b>	<b>01:02:04.450</b>
	29 Thomas Keen	00:15:48.850 (22)	
	29 Jonathan Escalante-Phillips	00:15:37.450 (9)	
	29 Jack Gray	00:15:28.150 (2)	
<b>2 Aldershot Farnham &amp; District</b>	29 Callum Elson	00:15:10.000 (2)	
		<b>2</b>	<b>01:02:06.400</b>
	2 Joe Blacknell	00:16:01.900 (31)	
	2 Callum Charleston	00:15:54.600 (14)	
<b>3 Highgate Harriers</b>	2 Ellis Cross	00:15:12.200 (1)	
	2 Will Barnicoat	00:14:57.700 (1)	
		<b>76</b>	<b>01:02:36.300</b>
	76 Terry Fawden	00:15:57.650 (29)	
<b>4 Shaftesbury Barnet Harriers</b>	76 Jacob Allen	00:15:24.200 (5)	
	76 Alexander Lepretre	00:15:39.750 (3)	
	76 Roger Poolman	00:15:34.700 (5)	
		<b>159</b>	<b>01:02:36.900</b>
<b>5 Bristol and West AC</b>	159 Thomas Butler	00:16:05.650 (35)	
	159 Jeremy Dempsey	00:15:07.000 (2)	
	159 Kieran Clements	00:15:57.500 (6)	
	159 Dylan Evans	00:15:26.750 (4)	
<b>6 Morpeth Harriers &amp; AC</b>		<b>24</b>	<b>01:03:06.650</b>
	24 Jack Millar	00:15:11.550 (5)	
	24 Ben Robinson	00:16:09.300 (18)	
	24 William Battershill	00:15:45.950 (4)	
<b>7 Leeds City Athletic Club</b>	24 Kurt Taylor	00:15:59.850 (6)	
		<b>117</b>	<b>01:03:30.150</b>
	117 William Cork	00:15:54.150 (27)	
	117 Carl Avery	00:15:25.250 (6)	
<b>8 City of York AC</b>	117 Lawrence McCourt	00:16:44.850 (19)	
	117 Scott Beattie	00:15:25.900 (3)	
		<b>97</b>	<b>01:03:38.250</b>
	97 Linton Taylor	00:15:26.500 (8)	
<b>9 Oxford University AC</b>	97 Graham Rush	00:15:38.050 (10)	
	97 Joshua Woodcock-Shaw	00:16:20.450 (8)	
	97 Richard Allen	00:16:13.250 (9)	
		<b>38</b>	<b>01:04:12.250</b>
<b>10 Tonbridge Ac</b>	38 Angus McMillan	00:14:55.500 (1)	
	38 Sam Dickinson	00:15:25.600 (7)	
	38 Tim Stratton	00:16:27.300 (12)	
	38 Mark Bolland-Cage	00:17:23.850 (36)	
<b>11 Bedford &amp; County AC</b>		<b>135</b>	<b>01:04:19.100</b>
	135 Joe Morrow	00:15:29.150 (10)	
	135 Naphtali Moulton	00:15:48.350 (12)	
	135 Daniel Bundred	00:16:50.350 (22)	
<b>12 Blackburn Harriers &amp; AC</b>	135 Alex Gruen	00:16:11.250 (8)	
		<b>181</b>	<b>01:04:44.100</b>
	181 Benjamin Murphy	00:15:36.200 (16)	
	181 James Kingston	00:15:15.250 (3)	
<b>13 Leeds City Athletic Club B</b>	181 Alasdair Kinloch	00:17:22.700 (36)	
	181 Cameron Chambers	00:16:29.950 (13)	
		<b>6</b>	<b>01:04:51.850</b>
	6 Ed Blythman	00:15:35.800 (14)	
<b>14 Hallamshire Harriers Sheffield</b>	6 Harry Brodie	00:15:57.500 (16)	
	6 Samuel Winters	00:16:37.850 (17)	
	6 James Minter	00:16:40.700 (18)	
		<b>17</b>	<b>01:04:56.550</b>
<b>15 Hallamshire Harriers Sheffield</b>	17 Matthew James Ramsden	00:15:35.050 (13)	
	17 Daniel Bebbington	00:15:39.100 (11)	
	17 Ben Fish	00:17:05.600 (28)	
	17 Luke Betts	00:16:36.800 (14)	
<b>16 Hallamshire Harriers Sheffield</b>		<b>98</b>	<b>01:05:07.450</b>
	98 Andrew Smith	00:16:15.000 (39)	
	98 Joe Sagar	00:16:22.900 (25)	
	98 William Tighe	00:16:09.350 (7)	
<b>17 Hallamshire Harriers Sheffield</b>	98 Matthew Grieve	00:16:20.200 (10)	
		<b>65</b>	<b>01:05:08.250</b>

## National Cross Country Relays - Senior Men (4x5k)

	65 Tommy Power	00:15:53.500 (26)	
	65 Matthew Fuller	00:16:22.450 (24)	
	65 James McCrae	00:16:26.150 (11)	
	65 Euan Brown	00:16:26.150 (12)	
<b>15 Cornwall AC</b>			<b>41 01:05:21.150</b>
	41 Callum Jones	00:15:37.750 (18)	
	41 Samuel Goodchild	00:16:21.200 (21)	
	41 Joshua Rowe	00:16:23.900 (10)	
	41 Edward Mitchell	00:16:58.300 (26)	
<b>16 University of Birmingham AC and Cross Country Club</b>			<b>186 01:05:34.450</b>
	186 Tyler Bilyard	00:15:32.200 (11)	
	186 Oliver Smart	00:15:35.000 (8)	
	186 Michael Stevens	00:17:49.700 (51)	
	186 Max Cunningham	00:16:37.550 (16)	
<b>17 Bristol and West AC B</b>			<b>25 01:05:57.650</b>
	25 Owain Jones	00:16:03.100 (32)	
	25 Jonathan Thewlis	00:16:58.300 (43)	
	25 Luke Burgess	00:16:52.150 (24)	
	25 Max Davis	00:16:04.100 (7)	
<b>18 Highgate Harriers B</b>			<b>77 01:06:07.800</b>
	77 Seyed Taha Ghafari	00:15:38.150 (19)	
	77 Robert Wilson	00:16:22.100 (23)	
	77 Peter Chambers	00:17:10.850 (31)	
	77 Sean Renfer	00:16:56.700 (24)	
<b>19 Western Tempo</b>			<b>196 01:06:29.550</b>
	196 Daniel Owen	00:16:52.250 (67)	
	196 Dom James	00:15:57.200 (15)	
	196 Ben Price	00:16:50.000 (21)	
	196 Dylan Gillett	00:16:50.100 (21)	
<b>20 Gateshead Harriers &amp; AC</b>			<b>57 01:06:30.000</b>
	57 Luca Minale	00:15:40.450 (21)	
	57 Calum Johnson	00:15:02.500 (1)	
	57 Lewis Liddle	00:17:55.400 (55)	
	57 Dave Richardson	00:17:51.650 (50)	
<b>21 Liverpool Harriers &amp; AC</b>			<b>102 01:06:32.550</b>
	102 Adualqani Sharif	00:16:50.300 (65)	
	102 Mathew Jackson	00:15:51.650 (13)	
	102 Michael McCarthy	00:17:12.600 (32)	
	102 Jack O'Farrell	00:16:38.000 (17)	
<b>22 Leeds City Athletic Club C</b>			<b>99 01:06:33.550</b>
	99 Gavyn Chalmers	00:16:31.700 (49)	
	99 Nathan Marsh	00:16:41.750 (36)	
	99 Finnian Hutchinson	00:16:28.900 (13)	
	99 Sean Flanagan	00:16:51.200 (22)	
<b>23 Notts AC</b>			<b>131 01:06:35.100</b>
	131 George Phillips	00:16:07.450 (36)	
	131 Jack Holland	00:17:22.050 (50)	
	131 Samuel Moakes	00:15:52.700 (5)	
	131 Matthew Williams	00:17:12.900 (33)	
<b>24 Cambridge &amp; Coleridge AC B</b>			<b>30 01:06:45.400</b>
	30 Thomas Bridger	00:16:24.100 (41)	
	30 William Newcombe	00:16:48.850 (39)	
	30 Michael Bartram	00:16:34.900 (14)	
	30 Tim Harrison	00:16:57.550 (25)	
<b>25 Hercules Wimbledon AC</b>			<b>70 01:06:51.350</b>
	70 Henry Silverstein	00:16:29.850 (46)	
	70 Charlie Wyllie	00:16:32.900 (32)	
	70 Archie Walton	00:16:41.900 (18)	
	70 Alex Sutton	00:17:06.700 (31)	
<b>26 Birchfield Harriers</b>			<b>14 01:06:51.700</b>
	14 Tom Dodd	00:15:38.300 (20)	
	14 Jason Bennett	00:16:41.700 (35)	
	14 Daniel Swain	00:17:05.650 (29)	
	14 Matt Scarsbrook	00:17:26.050 (37)	
<b>27 Southampton Athletic Club</b>			<b>164 01:07:06.800</b>
	164 Harry Smith	00:16:04.350 (33)	

## National Cross Country Relays - Senior Men (4x5k)

	164 Peter Hart	00:16:32.150 (31)	
	164 Sam Costley	00:16:36.250 (15)	
	164 Scott Pulley	00:17:54.050 (51)	
<b>28 North Somerset AC</b>		<b>129</b>	<b>01:07:12.100</b>
	129 Benjamin Hamblin	00:16:24.850 (42)	
	129 Alfie Hocking	00:16:30.150 (30)	
	129 Jack Wilkinson	00:16:56.550 (26)	
	129 Thomas Gostelow	00:17:20.550 (34)	
<b>29 Warrington A C</b>		<b>194</b>	<b>01:07:19.650</b>
	194 Jordan Jones	00:16:39.500 (56)	
	194 Daniel Fox	00:16:54.850 (41)	
	194 Cameron Field	00:16:37.100 (16)	
	194 Brandon Quinton	00:17:08.200 (32)	
<b>30 Keighley &amp; Craven AC</b>		<b>86</b>	<b>01:07:34.300</b>
	86 Joseph Carnelley	00:16:29.200 (45)	
	86 Jimmy Lund	00:17:28.150 (55)	
	86 Matthew Kenneth	00:16:51.100 (23)	
	86 Tom Barrett	00:16:45.850 (20)	
<b>31 Huntingdonshire AC</b>		<b>82</b>	<b>01:07:42.900</b>
	82 Christopher Smith	00:16:30.100 (47)	
	82 Isaac Ellard	00:16:26.900 (26)	
	82 James Orrell	00:17:22.450 (35)	
	82 Joey Croft	00:17:23.450 (35)	
<b>32 Milton Keynes Distance Project</b>		<b>116</b>	<b>01:07:45.200</b>
	116 George Wheeler	00:15:06.400 (3)	
	116 Charles Wheeler	00:15:16.050 (4)	
	116 Mintu Sidhu	00:19:34.450 (94)	
	116 Max Nicolle	00:17:48.300 (46)	
<b>33 Tonbridge Ac B</b>		<b>182</b>	<b>01:07:47.750</b>
	182 Will Beeston	00:16:44.950 (59)	
	182 Simon Coppard	00:17:05.500 (46)	
	182 Charlie Crick	00:16:58.200 (27)	
	182 Michael Ellis	00:16:59.100 (27)	
<b>34 Hallamshire Harriers Sheffield B</b>		<b>66</b>	<b>01:07:59.150</b>
	66 David Lewis	00:17:20.450 (85)	
	66 Elisha De Mello	00:16:15.200 (19)	
	66 Jonathan Crickmore	00:16:56.400 (25)	
	66 John Birch	00:17:27.100 (39)	
<b>35 Birmingham Running Athletics &amp; Triathlon Club (brat)</b>		<b>15</b>	<b>01:08:00.200</b>
	15 Joseph Tuffin	00:15:33.450 (12)	
	15 Daniel Robinson	00:17:44.200 (59)	
	15 David Bissuel	00:18:20.250 (61)	
	15 John Stolberg	00:16:22.300 (11)	
<b>36 Salford Harriers &amp; Ac B</b>		<b>157</b>	<b>01:08:22.650</b>
	157 Robert Smyk	00:16:30.250 (48)	
	157 Ryan Worland	00:16:21.650 (22)	
	157 Oliver Cook	00:17:10.550 (30)	
	157 Patrick Henderson	00:18:20.200 (61)	
<b>37 Marshall Milton Keynes AC</b>		<b>113</b>	<b>01:08:28.150</b>
	113 James Tuttle	00:16:45.650 (60)	
	113 Jack Pocock	00:16:58.500 (44)	
	113 Ian Wood	00:17:38.300 (46)	
	113 Matthew Dicks	00:17:05.700 (30)	
<b>38 Vale Royal Ac</b>		<b>187</b>	<b>01:08:31.700</b>
	187 Jacob Brown	00:17:00.500 (72)	
	187 Sam Stephens	00:18:03.650 (70)	
	187 Arun Dight	00:16:44.950 (20)	
	187 Aaron Doyle	00:16:42.600 (19)	
<b>39 Mansfield Harriers</b>		<b>110</b>	<b>01:09:01.350</b>
	110 Paul Wright	00:16:22.200 (40)	
	110 Alex Hampson	00:16:16.600 (20)	
	110 Lewis Boswell	00:18:05.700 (58)	
	110 Jordan Boam	00:18:16.850 (58)	
<b>40 Reading AC</b>		<b>138</b>	<b>01:09:04.950</b>
	138 Jonathan Davies	00:15:24.600 (7)	
	138 Mark Booth	00:17:50.000 (61)	

## National Cross Country Relays - Senior Men (4x5k)

	138 Matthew Kunov	00:17:30.200 (41)	
	138 Ben Rollings	00:18:20.150 (60)	
<b>41 Tonbridge Ac C</b>			<b>183 01:09:06.350</b>
	183 Toby Emm	00:17:06.500 (75)	
	183 Jordan Chambers	00:16:57.800 (42)	
	183 Calum Laing	00:17:23.550 (37)	
	183 George Marshall	00:17:38.500 (41)	
<b>42 Highgate Harriers C</b>			<b>78 01:09:07.350</b>
	78 Jack McVann	00:17:11.850 (76)	
	78 James Ross	00:17:16.100 (49)	
	78 Harry Allan	00:17:38.000 (45)	
	78 Jack Steenson	00:17:01.400 (29)	
<b>43 Herne Hill Harriers</b>			<b>72 01:09:07.600</b>
	72 Daniel Shaw	00:16:34.150 (51)	
	72 Andrew Clarke	00:16:51.400 (40)	
	72 Oliver Walker	00:18:02.000 (57)	
	72 David Moyse	00:17:40.050 (43)	
<b>44 Rossendale Harriers &amp; AC</b>			<b>143 01:09:17.950</b>
	143 Grant Cunliffe	00:16:01.650 (30)	
	143 Matthew Harris	00:17:28.800 (56)	
	143 Robert Webb	00:17:42.250 (48)	
	143 Benjamin Kirkman	00:18:05.250 (56)	
<b>45 Loughborough Students AC</b>			<b>109 01:09:27.950</b>
	109 George Beardmore	00:15:50.200 (23)	
	109 Fintan Kavanagh	00:16:40.450 (34)	
	109 Lewis Watt	00:18:39.500 (74)	
	109 Jack Dickson	00:18:17.800 (59)	
<b>46 Halifax Harriers &amp; AC</b>			<b>64 01:09:36.950</b>
	64 Josh Hall-Brown	00:17:01.050 (73)	
	64 Ben Crowther	00:18:11.100 (74)	
	64 Max Burgin	00:17:29.850 (40)	
	64 Harry Johnson	00:16:54.950 (23)	
<b>47 Newham &amp; Essex Beagles AC</b>			<b>122 01:09:40.550</b>
	122 Oisín Spillane	00:15:55.450 (28)	
	122 Sam Hart	00:16:03.100 (17)	
	122 John Gordon	00:18:20.750 (62)	
	122 Wayne Bell	00:19:21.250 (79)	
<b>48 Long Eaton Running Club</b>			<b>107 01:09:56.650</b>
	107 Nicholas Dennis	00:16:50.850 (66)	
	107 Darlington Magalela	00:18:09.100 (72)	
	107 Ben Plummer	00:17:24.650 (38)	
	107 Ryan Haw	00:17:32.050 (40)	
<b>49 Bracknell AC</b>			<b>22 01:10:21.950</b>
	22 Scott Halsted	00:15:53.150 (25)	
	22 Benjamin Wills	00:16:29.200 (29)	
	22 Aaron Enser	00:19:25.900 (91)	
	22 Oliver Hall	00:18:33.700 (64)	
<b>50 Rotherham Harriers And Ac</b>			<b>145 01:10:47.950</b>
	145 Joseph Massingham	00:15:28.850 (9)	
	145 Ben Burton	00:17:55.450 (67)	
	145 Sam Clegg	00:18:31.150 (69)	
	145 Aidan Johnson	00:18:52.500 (70)	
<b>51 Bedford &amp; County AC B</b>			<b>7 01:10:52.350</b>
	7 Michael Harrison	00:17:26.600 (89)	
	7 Alfred Yabsley	00:17:34.400 (57)	
	7 Jake Richardson	00:17:13.250 (33)	
	7 Craig Emmerson	00:18:38.100 (65)	
<b>52 Kent AC</b>			<b>89 01:10:54.050</b>
	89 Dame Dibaba	00:16:50.100 (63)	
	89 Jake Simmonds	00:18:43.050 (90)	
	89 Owen Hind	00:17:54.400 (54)	
	89 James Boustead	00:17:26.500 (38)	
<b>53 Bedford &amp; County AC C</b>			<b>8 01:10:55.800</b>
	8 Joe Strange	00:18:11.550 (108)	
	8 Jamie Webster	00:17:14.200 (47)	
	8 Thomas Powell	00:18:30.400 (68)	

## National Cross Country Relays - Senior Men (4x5k)

<b>54 City Of Norwich AC</b>	8 Jonathan Janes	00:16:59.650 (28)	<b>37</b>	<b>01:10:57.500</b>
	37 Will Simm	00:16:43.850 (58)		
	37 Patrick Thomas	00:18:46.050 (92)		
	37 Gary Crush	00:17:43.200 (49)		
	37 Jacob Ocal	00:17:44.400 (45)		
<b>55 Bristol and West AC C</b>	26 Aaron Bruce	00:17:45.700 (100)	<b>26</b>	<b>01:11:00.050</b>
	26 Hugh Brashaw	00:17:41.100 (58)		
	26 Andrew Watt	00:17:41.750 (47)		
	26 Harvey Hancock	00:17:51.500 (49)		
<b>56 Leamington Cycling and Athletics Club</b>	96 Bajjeev Kandola	00:16:36.550 (54)	<b>96</b>	<b>01:11:15.050</b>
	96 James Hunter	00:17:51.600 (63)		
	96 Alexander Ibbs	00:18:22.000 (63)		
	96 Stanley Doxey	00:18:24.900 (62)		
<b>57 Sunderland Harriers &amp; AC</b>	171 Michael Wilson	00:16:35.150 (52)	<b>171</b>	<b>01:11:16.000</b>
	171 Stephen Jackson	00:17:03.750 (45)		
	171 Nathan Reed	00:18:46.000 (76)		
	171 Christopher Bell	00:18:51.100 (68)		
<b>58 Aldershot Farnham &amp; District B</b>	3 Finlay Cross	00:17:13.900 (78)	<b>3</b>	<b>01:11:29.850</b>
	3 Caleb Stephenson	00:18:18.950 (78)		
	3 George Morris	00:17:30.850 (43)		
	3 Ben Bishop	00:18:26.150 (63)		
<b>59 Invicta East Kent AC</b>	85 James Akhurst	00:16:56.800 (70)	<b>85</b>	<b>01:11:54.200</b>
	85 Marcus Etheridge	00:16:28.400 (28)		
	85 Joseph Griffiths	00:17:28.300 (39)		
	85 Gavin Whitlock	00:21:00.700 (98)		
<b>60 Blackheath &amp; Bromley Harriers AC</b>	20 Daniel Kennedy	00:18:24.050 (113)	<b>20</b>	<b>01:12:13.200</b>
	20 Jake Leng	00:17:59.600 (69)		
	20 Justin Strover	00:18:10.250 (60)		
	20 Micah Evans	00:17:39.300 (42)		
<b>61 Liverpool Pembroke &amp; Sefton H AC</b>	105 Ross Harrison	00:16:07.950 (37)	<b>105</b>	<b>01:12:16.050</b>
	105 Jonathon Bride	00:18:42.150 (89)		
	105 Daniel Jones	00:17:55.450 (56)		
	105 Kevin Usher	00:19:30.500 (81)		
<b>62 St Albans Striders</b>	167 James McMurray	00:15:37.350 (17)	<b>167</b>	<b>01:12:23.100</b>
	167 George Withers	00:17:50.350 (62)		
	167 Phillip Evans	00:18:41.000 (75)		
	167 Andrew Shaw	00:20:14.400 (88)		
<b>63 Hallamshire Harriers Sheffield C</b>	67 Sam Kenmore	00:17:44.150 (96)	<b>67</b>	<b>01:12:26.000</b>
	67 Richard Barker	00:18:26.200 (83)		
	67 Ewan Heritage	00:18:32.850 (70)		
	67 Christian Battersby	00:17:42.800 (44)		
<b>64 Sale Harriers Manchester</b>	153 Christopher Fielding	00:16:28.750 (44)	<b>153</b>	<b>01:12:48.600</b>
	153 Ben Brunswick	00:17:24.700 (53)		
	153 Alex Bradford	00:17:50.500 (52)		
	153 David Marsh	00:21:04.650 (102)		
<b>65 Cambridge &amp; Coleridge AC C</b>	31 Olle-joseph Parmenter	00:18:08.100 (107)	<b>31</b>	<b>01:13:01.250</b>
	31 Andrew Parmenter	00:18:48.800 (95)		
	31 Sullivan Smith	00:17:20.550 (34)		
	31 Matthew Fox	00:18:43.800 (66)		
<b>66 Bromsgrove and Redditch</b>	27 Harrison Mayne	00:17:15.800 (80)	<b>27</b>	<b>01:13:09.850</b>
	27 Peter Ball	00:18:46.800 (94)		
	27 Brett Elesmore	00:19:18.050 (87)		
	27 Mark Appleton	00:17:49.200 (48)		
<b>67 Newark AC</b>			<b>119</b>	<b>01:13:12.650</b>

## National Cross Country Relays - Senior Men (4x5k)

	119 Tom Marshall	00:17:32.350 (93)	
	119 William Tucker	00:17:44.750 (60)	
	119 Leigh Marshall	00:18:25.150 (67)	
	119 David Robinson	00:19:30.400 (80)	
<b>69 Peterborough &amp; Nene Valley AC</b>		<b>136</b>	<b>01:13:16.050</b>
	136 Nathan Bunting	00:16:41.450 (57)	
	136 Simon Fell	00:18:25.500 (82)	
	136 Steven Sheppard	00:18:52.300 (80)	
	136 Steven Wilkinson	00:19:16.800 (76)	
<b>68 Rossendale Harriers &amp; AC B</b>		<b>144</b>	<b>01:13:16.050</b>
	144 Jonathan Cleaver	00:17:29.750 (92)	
	144 Sean Greenwood	00:18:29.800 (85)	
	144 Ed Hunt	00:19:27.900 (92)	
	144 Joseph Johnston	00:17:48.600 (47)	
<b>70 Trafford Athletic Club</b>		<b>184</b>	<b>01:13:22.550</b>
	184 Seb Patrick	00:17:15.500 (79)	
	184 David Bowers	00:17:56.150 (68)	
	184 Alex Jones	00:19:00.900 (83)	
	184 Jeff Prest	00:19:10.000 (74)	
<b>71 Abingdon AC</b>		<b>1</b>	<b>01:13:30.600</b>
	1 Craig Jardine	00:17:29.550 (91)	
	1 Harrison Read	00:17:22.750 (52)	
	1 Paul Hughes	00:19:19.700 (88)	
	1 Jack Miller	00:19:18.600 (77)	
<b>72 Rugby &amp; Northampton Ac</b>		<b>148</b>	<b>01:13:39.300</b>
	148 Joshua Lay	00:15:20.950 (6)	
	148 Matthew Everett	00:18:15.650 (77)	
	148 William Gardner	00:17:37.450 (44)	
	148 Michael Starr	00:22:25.250 (116)	
<b>73 Kent AC B</b>		<b>90</b>	<b>01:13:40.900</b>
	90 Ben Harding	00:17:46.750 (101)	
	90 Ian Ellwood	00:17:54.900 (65)	
	90 Nicholas Chevis	00:18:56.850 (81)	
	90 Calum Fraser	00:19:02.400 (73)	
<b>74 Cleethorpes AC</b>		<b>40</b>	<b>01:13:46.000</b>
	40 Rob Payne	00:17:16.700 (81)	
	40 Daniel James	00:16:43.450 (37)	
	40 Jordan Carlile	00:19:16.050 (85)	
	40 Michael Skelton	00:20:29.800 (92)	
<b>75 Heanor Running Club</b>		<b>68</b>	<b>01:13:51.800</b>
	68 Joe Rainsford	00:16:49.200 (61)	
	68 Andy Harding	00:17:53.300 (64)	
	68 Ethan Rowley	00:18:50.450 (77)	
	68 Stephen Ashmore	00:20:18.850 (90)	
<b>76 Thames Valley Harriers</b>		<b>177</b>	<b>01:14:06.550</b>
	177 Jordan Rowe	00:15:50.850 (24)	
	177 Niki Faulkner	00:17:22.500 (51)	
	177 Gordon Low	00:19:25.300 (90)	
	177 Fahad Abdi	00:21:27.900 (106)	
<b>77 Mansfield Harriers B</b>		<b>111</b>	<b>01:14:07.250</b>
	111 Ben Burnham	00:17:03.150 (74)	
	111 David Cass	00:19:08.850 (101)	
	111 Daniel Wheat	00:18:22.400 (64)	
	111 Drew Hurst	00:19:32.850 (83)	
<b>78 Newmarket Joggers</b>		<b>123</b>	<b>01:14:09.150</b>
	123 Nathan Brown	00:17:12.900 (77)	
	123 James Smith	00:19:10.950 (102)	
	123 Joseph Bendall	00:18:25.000 (66)	
	123 Mark Hayward	00:19:20.300 (78)	
<b>79 Halesowen ACC</b>		<b>62</b>	<b>01:14:21.100</b>
	62 Richard White	00:18:56.800 (123)	
	62 Ben Williets	00:19:02.450 (99)	
	62 Peter Dear	00:18:23.100 (65)	
	62 James Thomas	00:17:58.750 (52)	
<b>80 Salford Harriers &amp; Ac C</b>		<b>158</b>	<b>01:14:54.100</b>
	158 Callum Jones	00:18:15.650 (109)	

## National Cross Country Relays - Senior Men (4x5k)

	158 Joseph Twigg	00:18:28.900 (84)	
	158 David Hudson	00:20:05.400 (106)	
	158 Patrick Faulkner	00:18:04.150 (54)	
<b>81 Long Eaton Running Club B</b>			<b>108 01:15:16.550</b>
	108 Mark Boot	00:17:55.650 (102)	
	108 James Fisher	00:18:20.500 (79)	
	108 Alex Vize	00:19:29.500 (93)	
	108 Michael Bland	00:19:30.900 (82)	
<b>82 Gateshead Harriers &amp; AC B</b>			<b>58 01:15:28.050</b>
	58 Jack Douglas	00:17:37.850 (95)	
	58 Shaun Hudson	00:18:05.200 (71)	
	58 Paul Attley	00:20:01.400 (104)	
	58 Angus McKenzie	00:19:43.600 (85)	
<b>83 Tamworth AC</b>			<b>175 01:15:37.200</b>
	175 Ben Evans	00:20:28.650 (139)	
	175 Max Kent	00:18:32.250 (86)	
	175 Robert Dyjak	00:18:34.500 (71)	
	175 Peter Hackett	00:18:01.800 (53)	
<b>84 Herne Hill Harriers B</b>			<b>73 01:15:42.700</b>
	73 Simon Coombes	00:17:45.350 (99)	
	73 Mike Cummings	00:18:46.500 (93)	
	73 James Nutt	00:18:09.650 (59)	
	73 Ryan Willmott	00:21:01.200 (100)	
<b>85 Liverpool Harriers &amp; AC B</b>			<b>103 01:15:59.650</b>
	103 Harry Blackburn	00:17:20.900 (86)	
	103 Ethan Ackroyd	00:16:44.800 (38)	
	103 Joe Roberts	00:17:45.100 (50)	
	103 Matthew Hughes	00:24:08.850 (128)	
<b>86 Wakefield District H &amp; AC</b>			<b>191 01:16:03.650</b>
	191 Daniel Franks	00:16:50.250 (64)	
	191 Steve Lowe	00:18:56.600 (97)	
	191 Ashley Crow	00:19:42.850 (96)	
	191 Christopher Ward	00:20:33.950 (93)	
<b>87 Sheffield RC</b>			<b>161 01:16:11.850</b>
	161 David Millns	00:18:05.400 (104)	
	161 Aaron Francis	00:18:35.100 (88)	
	161 Tim Fletcher	00:21:26.800 (121)	
	161 Mark Jones	00:18:04.550 (55)	
<b>88 Valley Striders AC</b>			<b>189 01:16:21.400</b>
	189 David Song	00:18:04.300 (103)	
	189 Edward Cheseldine	00:19:30.200 (108)	
	189 Tom Thomas	00:19:54.850 (101)	
	189 Daniel Grant	00:18:52.050 (69)	
<b>89 Huntingdonshire AC B</b>			<b>83 01:16:37.700</b>
	83 Ty Farrer	00:19:02.950 (125)	
	83 Simon Mead	00:18:56.000 (96)	
	83 Chris De Stefano	00:20:24.300 (107)	
	83 Jack Clark	00:18:14.450 (57)	
<b>90 Kettering Town Harriers</b>			<b>91 01:16:44.650</b>
	91 Lucas Mansell	00:17:17.150 (82)	
	91 David Locker	00:19:13.950 (103)	
	91 Ellis Johnson	00:21:00.400 (116)	
	91 Joe Young	00:19:13.150 (75)	
<b>91 Sutton in Ashfield Harriers &amp; AC</b>			<b>172 01:16:49.350</b>
	172 Stanley Clarke	00:17:34.250 (94)	
	172 Adam Knights	00:18:23.700 (81)	
	172 Richard Robinson	00:19:58.900 (103)	
	172 Chris Holmes	00:20:52.500 (97)	
<b>92 East Cheshire Harriers &amp; Tameside Ac B</b>			<b>49 01:17:35.550</b>
	49 Nigel Malkin	00:18:31.750 (116)	
	49 Callum Parkinson	00:19:49.900 (111)	
	49 Sam Mabbott	00:20:28.050 (110)	
	49 Matthew Smith	00:18:45.850 (67)	
<b>93 Charnwood A C</b>			<b>32 01:17:36.100</b>
	32 Ethan O'Shea	00:16:05.450 (34)	
	32 Paul Harmer	00:19:16.250 (104)	

## National Cross Country Relays - Senior Men (4x5k)

	32 Luke Nuttall	00:16:22.900 (9)	
	32 Steven Hillman	00:25:51.500 (139)	
<b>94 Hercules Wimbledon AC B</b>		<b>71</b>	<b>01:17:40.800</b>
	71 Chris McIlroy	00:18:07.550 (105)	
	71 Ryan McAlister	00:17:16.050 (48)	
	71 Richard Jones	00:18:52.100 (79)	
	71 James Hamilton	00:23:25.100 (121)	
<b>95 Doncaster Athletic Club</b>		<b>45</b>	<b>01:17:41.850</b>
	45 George Phillips	00:16:27.150 (43)	
	45 Mariusz Felczerek	00:19:22.600 (105)	
	45 Connor Anderson	00:19:45.300 (98)	
	45 Peter William Badger	00:22:06.800 (112)	
<b>96 East Hull Harriers &amp; AC</b>		<b>51</b>	<b>01:17:50.050</b>
	51 Andrew Deyes	00:18:18.700 (110)	
	51 Lee Alcock	00:19:59.050 (115)	
	51 Shaun Alcock	00:19:37.700 (95)	
	51 Paul Teece	00:19:54.600 (87)	
<b>97 Barnsley Harriers</b>		<b>5</b>	<b>01:17:57.950</b>
	5 Neil Armitage	00:18:50.250 (121)	
	5 Adam Chambers	00:19:26.200 (107)	
	5 Richard Spooner	00:20:44.900 (112)	
	5 Paul Johnson	00:18:56.600 (71)	
<b>98 North Derbyshire RC</b>		<b>124</b>	<b>01:18:57.650</b>
	124 John Sanderson	00:18:22.650 (112)	
	124 Thomas Topham	00:20:16.000 (120)	
	124 James Copestake	00:20:02.350 (105)	
	124 Bryce Ward	00:20:16.650 (89)	
<b>99 Notts AC C</b>		<b>133</b>	<b>01:19:17.900</b>
	133 Jack Speake	00:18:42.350 (117)	
	133 Tom De Jong	00:18:09.200 (73)	
	133 Rezene Hayle	00:18:34.600 (72)	
	133 David Oxland	00:23:51.750 (124)	
<b>100 East Cheshire Harriers &amp; Tameside Ac C</b>		<b>50</b>	<b>01:19:51.150</b>
	50 Jacob Taylor	00:18:44.950 (120)	
	50 Tom McMahon	00:20:05.050 (119)	
	50 Jonathan Aust	00:20:24.300 (108)	
	50 James Hartshorne	00:20:36.850 (94)	
<b>101 Dudley And Stourbridge Harriers</b>		<b>47</b>	<b>01:20:04.400</b>
	47 David Ratcliffe	00:19:00.000 (124)	
	47 Harry Law	00:18:15.500 (76)	
	47 Gary Worrall	00:19:22.900 (89)	
	47 Martin Harrigan	00:23:26.000 (122)	
<b>102 Newark AC B</b>		<b>120</b>	<b>01:20:06.250</b>
	120 Chris Harrison	00:19:44.700 (131)	
	120 Geoffrey Gregory	00:19:06.200 (100)	
	120 Oliver Crampton	00:20:48.700 (113)	
	120 Timothy Bagguley	00:20:26.650 (91)	
<b>103 Mansfield Harriers C</b>		<b>112</b>	<b>01:20:39.000</b>
	112 Jamie MacIntyre	00:21:04.300 (150)	
	112 Richie Talbot	00:18:58.500 (98)	
	112 Paul Whittingham	00:20:56.500 (114)	
	112 Ben Hampson	00:19:39.700 (84)	
<b>104 Blackburn Harriers &amp; AC B</b>		<b>18</b>	<b>01:20:54.650</b>
	18 Ben Makin	00:17:27.100 (90)	
	18 Christopher G Davies	00:18:34.050 (87)	
	18 Daniel Maynard	00:19:53.000 (99)	
	18 John Chaplin	00:25:00.500 (133)	
<b>105 Retford AC</b>		<b>142</b>	<b>01:21:07.750</b>
	142 Samuel Roberts	00:16:31.750 (50)	
	142 Benjamin Harris	00:20:03.350 (118)	
	142 Bevan Adams	00:21:49.150 (122)	
	142 Simon Foster	00:22:43.500 (119)	
<b>106 Grantham Running Club</b>		<b>59</b>	<b>01:21:21.700</b>
	59 Joaquim Jeronimo	00:19:08.250 (127)	
	59 Russel Whittaker	00:20:01.600 (116)	
	59 Peter Bonner	00:21:22.750 (120)	

## National Cross Country Relays - Senior Men (4x5k)

<b>107 Marshall Milton Keynes AC B</b>	59 Samuel Jepson	00:20:49.100 (96)	<b>114</b>	<b>01:21:30.000</b>
	114 Steve Tuttle	00:21:55.300 (156)		
	114 Stephen Ratcliffe	00:19:35.100 (110)		
	114 Graham Jones	00:18:58.500 (82)		
	114 Eliot Winter	00:21:01.100 (99)		
<b>108 Kimberworth Striders</b>	94 Shaun Wright	00:20:21.600 (138)	<b>94</b>	<b>01:21:39.350</b>
	94 Kevin Doyle	00:21:03.150 (130)		
	94 Toby Bellis	00:21:16.200 (118)		
	94 Mark Gladwin	00:18:58.400 (72)		
<b>109 Nuneaton Harriers</b>	134 James Gillum	00:21:59.000 (158)	<b>134</b>	<b>01:21:49.950</b>
	134 Matthew Kinsella	00:20:16.300 (122)		
	134 Chris Hamer-Hodges	00:22:57.350 (134)		
	134 Andrew Offor	00:16:37.300 (15)		
<b>110 Trafford Athletic Club B</b>	185 Thomas Rogers	00:18:19.900 (111)	<b>185</b>	<b>01:21:58.200</b>
	185 George Wright	00:20:03.150 (117)		
	185 Jacob Fletcher	00:21:20.200 (119)		
	185 Terry Greenwood	00:22:14.950 (114)		
<b>111 Holme Pierrepont RC B</b>	80 David Laws	00:20:10.750 (137)	<b>80</b>	<b>01:22:07.150</b>
	80 Andrew Soley	00:19:57.200 (113)		
	80 Sam Williams-Duncan	00:20:56.750 (115)		
	80 Anthony Squire	00:21:02.450 (101)		
<b>112 Tipton Harriers</b>	180 Joseph Read	00:17:44.550 (98)	<b>180</b>	<b>01:22:13.400</b>
	180 Aaron Cooper-Brown	00:19:23.550 (106)		
	180 Adam Barnes	00:19:17.900 (86)		
	180 Myles Wilson	00:25:47.400 (138)		
<b>113 Peterborough &amp; Nene Valley AC B</b>	137 Toby Hall	00:19:51.800 (134)	<b>137</b>	<b>01:24:13.800</b>
	137 Connor Baker	00:21:01.800 (129)		
	137 Dave Knighton	00:22:43.350 (131)		
	137 Alex Curtis	00:20:36.850 (95)		
<b>114 Bromsgrove and Redditch B</b>	28 Wayne Watkins	00:19:06.000 (126)	<b>28</b>	<b>01:24:21.850</b>
	28 Andrew Freeman	00:21:17.550 (133)		
	28 Will Noyce	00:21:56.200 (125)		
	28 Jaroslav Sosko	00:22:02.100 (110)		
<b>115 Warriors Pentathlon &amp; Athletic Club</b>	195 Alex Haggard Kearney	00:17:23.600 (88)	<b>195</b>	<b>01:24:33.350</b>
	195 Paul Grabe	00:20:57.400 (127)		
	195 Mike Vesey	00:23:13.450 (136)		
	195 Ronan Kearney	00:22:58.900 (120)		
<b>116 City of Hull AC</b>	35 Martin Smith	00:19:48.250 (132)	<b>35</b>	<b>01:24:40.250</b>
	35 Lee Hammond	00:20:48.400 (125)		
	35 Eddie Rex	00:22:02.500 (128)		
	35 Tim Savage	00:22:01.100 (109)		
<b>117 Worksop Harriers</b>	199 Thomas Shaw	00:18:25.550 (114)	<b>199</b>	<b>01:24:55.200</b>
	199 Steve Carr	00:23:39.750 (149)		
	199 Adam Turner	00:18:50.950 (78)		
	199 Adam Jonczyk	00:23:58.950 (125)		
<b>118 Kimberley &amp; District Striders</b>	92 Ryan Stocks	00:21:09.000 (151)	<b>92</b>	<b>01:25:29.550</b>
	92 Jason Buckley	00:20:35.750 (124)		
	92 Liam Johnson	00:22:20.000 (129)		
	92 Daniel Bailey	00:21:24.800 (105)		
<b>119 Rushcliffe AC</b>	151 Steve Dickens	00:19:33.200 (129)	<b>151</b>	<b>01:25:47.350</b>
	151 Steven Carr	00:20:54.350 (126)		
	151 Danny McIntyre	00:22:49.350 (133)		
	151 David Gandee	00:22:30.450 (118)		
<b>120 Beeston AC</b>			<b>9</b>	<b>01:26:56.650</b>

## National Cross Country Relays - Senior Men (4x5k)

	9 Adam Searle	00:18:42.950 (118)	
	9 David Cross	00:22:21.900 (141)	
	9 Michael Lyons	00:23:39.300 (139)	
	9 Colin Smith McGloin	00:22:12.500 (113)	
<b>121 Matlock Athletic Club</b>			<b>115 01:27:09.850</b>
	115 Matt Jackson	00:20:05.750 (136)	
	115 David Robertson	00:20:58.300 (128)	
	115 Tim Clayton	00:21:56.400 (126)	
	115 Geoff Cooper	00:24:09.400 (129)	
<b>122 Steel City Striders Rc</b>			<b>169 01:27:14.600</b>
	169 Sam Needham	00:20:41.850 (143)	
	169 Ian Stinson	00:22:53.550 (144)	
	169 Al Cook	00:22:28.500 (130)	
	169 Malcolm Baggaley	00:21:10.700 (103)	
<b>123 Belper Harriers B</b>			<b>13 01:27:17.000</b>
	13 Shaun Bott	00:19:22.700 (128)	
	13 Matthew Naylor	00:21:56.950 (137)	
	13 Chris Wilshaw	00:20:37.000 (111)	
	13 David Horton	00:25:20.350 (137)	
<b>124 Sheffield RC B</b>			<b>162 01:28:40.250</b>
	162 Eddie Chappel	00:21:41.900 (153)	
	162 Daniel Mortensen	00:23:04.750 (146)	
	162 Pez Holda	00:21:50.150 (123)	
	162 Dean Furniss	00:22:03.450 (111)	
<b>125 Fitmums and Friends</b>			<b>55 01:29:24.950</b>
	55 Stuart Spencer	00:17:44.300 (97)	
	55 Luke Barnes	00:20:30.550 (123)	
	55 Alexander Abel	00:27:05.000 (157)	
	55 Ed Husband	00:24:05.100 (126)	
<b>126 North Derbyshire RC B</b>			<b>125 01:29:25.050</b>
	125 Andrew Todd	00:20:40.200 (142)	
	125 Wayne Church	00:21:26.400 (134)	
	125 Derry French	00:25:02.850 (149)	
	125 Jack Worley	00:22:15.600 (115)	
<b>127 Vegan Runners UK</b>			<b>190 01:30:21.200</b>
	190 Allan Shaw	00:21:03.200 (148)	
	190 Jonathan Holt	00:19:31.750 (109)	
	190 Brit Peacock	00:23:46.600 (141)	
	190 Mark Gregory	00:25:59.650 (141)	
<b>128 Holme Pierrepont RC C</b>			<b>81 01:31:31.950</b>
	81 Robert Mugglestone	00:21:03.750 (149)	
	81 Chris Allen	00:25:57.550 (159)	
	81 Martin Walters	00:23:09.350 (135)	
	81 Matthew Grainge	00:21:21.300 (104)	
<b>129 Halesowen ACC B</b>			<b>63 01:31:39.350</b>
	63 Carl Follows	00:22:10.100 (159)	
	63 Matt Allen	00:26:54.500 (160)	
	63 Oliver Dodd	00:22:48.100 (132)	
	63 James Hoult	00:19:46.650 (86)	
<b>130 Heanor Running Club B</b>			<b>69 01:31:46.550</b>
	69 Dean Cross	00:20:43.250 (144)	
	69 Chris Cotton	00:22:20.600 (140)	
	69 Adrian Smith	00:23:37.300 (138)	
	69 James Wyatt	00:25:05.400 (136)	
<b>131 Kendal Amateur Athletic Club</b>			<b>88 01:31:54.000</b>
	88 Joe Todd	00:18:44.350 (119)	
	88 Carl Hanaghan	00:21:14.250 (132)	
	88 Gary Hollis	00:27:44.300 (158)	
	88 Andrew Sheldon	00:24:11.100 (130)	
<b>132 Newark AC C</b>			<b>121 01:32:13.800</b>
	121 Thomas Braithwaite	00:22:20.750 (162)	
	121 Lee Braithwaite	00:23:46.850 (150)	
	121 Adrian Dix	00:21:05.300 (117)	
	121 Tom Newbould	00:25:00.900 (134)	
<b>133 East Hull Harriers &amp; AC B</b>			<b>52 01:32:24.350</b>
	52 Matthew Hayes	00:20:44.850 (145)	

## National Cross Country Relays - Senior Men (4x5k)

	52 Nigel Sisson	00:19:58.450 (114)	
	52 Martin Hardey	00:24:36.050 (146)	
	52 Tony Alcock	00:27:05.000 (144)	
<b>134 Beeston AC B</b>		<b>10</b>	<b>01:32:25.600</b>
	10 Alec MacLean	00:23:31.350 (171)	
	10 Mark Elwell	00:22:53.250 (143)	
	10 Barrie Humphriss	00:24:09.450 (143)	
	10 Andrew Smith	00:21:51.550 (107)	
<b>135 Grantham Running Club B</b>		<b>60</b>	<b>01:34:40.800</b>
	60 Sam Dodwell	00:26:07.250 (176)	
	60 Robin Atter	00:23:00.100 (145)	
	60 Matthew Atter	00:21:51.200 (124)	
	60 Andrew Pask	00:23:42.250 (123)	
<b>136 Redhill Road Runners B</b>		<b>140</b>	<b>01:36:07.000</b>
	140 Simon Holmes	00:23:53.550 (174)	
	140 Lee Scott	00:22:14.050 (138)	
	140 Timothy Raynor	00:23:54.400 (142)	
	140 Chris Mellor-Dolman	00:26:05.000 (142)	
<b>137 Leigh Harriers &amp; Ac</b>		<b>100</b>	<b>01:36:10.250</b>
	100 David Pollitt	00:22:14.950 (161)	
	100 Adam Wilkinson	00:23:54.250 (151)	
	100 Brian Copper	00:25:26.000 (152)	
	100 Gary Sanderson	00:24:35.050 (131)	
<b>138 Kimberworth Striders B</b>		<b>95</b>	<b>01:37:20.200</b>
	95 Christopher Keeler	00:22:42.900 (164)	
	95 Colin Earl	00:21:14.200 (131)	
	95 Darren Pryce	00:29:14.450 (160)	
	95 Jonathan Griffin	00:24:08.650 (127)	
<b>139 Grantham Running Club C</b>		<b>61</b>	<b>01:37:25.050</b>
	61 James McMullen	00:22:50.250 (165)	
	61 Jason Walker	00:23:31.100 (148)	
	61 Paul Davis	00:25:59.050 (154)	
	61 Peter Jennings	00:25:04.650 (135)	
<b>140 South Birmingham Striders</b>		<b>163</b>	<b>01:37:28.550</b>
	163 Kevin Oakes	00:22:25.450 (163)	
	163 Keith Ward	00:29:34.100 (165)	
	163 Luke Powell	00:23:33.900 (137)	
	163 Oliver Duguay	00:21:55.100 (108)	
<b>141 Beeston AC C</b>		<b>11</b>	<b>01:39:12.600</b>
	11 John Walker	00:23:33.200 (172)	
	11 Anthony Wright	00:24:08.800 (154)	
	11 Michael Read	00:26:38.550 (156)	
	11 Mihail Mihaylov	00:24:52.050 (132)	
<b>142 Sutton in Ashfield Harriers &amp; AC C</b>		<b>174</b>	<b>01:39:30.750</b>
	174 Darren Hayes	00:22:56.600 (166)	
	174 Jordan Mitchell	00:22:14.500 (139)	
	174 Gary Bird	00:24:59.350 (147)	
	174 Jose Colorado	00:29:20.300 (148)	
<b>143 Kimberley &amp; District Striders B</b>		<b>93</b>	<b>01:41:50.550</b>
	93 Dominic Devlin	00:23:15.600 (168)	
	93 Thomas Webb	00:31:48.650 (166)	
	93 Glen Weston	00:24:17.050 (144)	
	93 Kevin Johnson	00:22:29.250 (117)	
<b>144 City of Hull AC B</b>		<b>36</b>	<b>01:42:44.900</b>
	36 James Durham	00:23:58.650 (175)	
	36 Donald Johnson	00:27:24.850 (161)	
	36 Anthony Chapman	00:25:29.300 (153)	
	36 Paul Davis	00:25:52.100 (140)	
<b>145 Belper Harriers</b>		<b>12</b>	<b>01:44:33.350</b>
	12 Robert Pearce	00:27:28.200 (177)	
	12 Adrian Fowler	00:24:50.150 (155)	
	12 Mark Steele	00:25:08.850 (150)	
	12 Anthony Marchant	00:27:06.150 (145)	
<b>146 Desford Striders</b>		<b>44</b>	<b>01:45:03.700</b>
	44 Richard Veitch	00:21:45.100 (154)	
	44 Matt Curtis	00:27:31.550 (162)	

## National Cross Country Relays - Senior Men (4x5k)

	44 Ian Birnie	00:29:38.300 (161)	
	44 Gavin Heward	00:26:08.750 (143)	
<b>147 Sparkhill Harriers</b>		<b>166</b>	<b>01:46:17.000</b>
	166 James Hannon	00:23:22.450 (169)	
	166 Craig Hinks	00:29:11.400 (164)	
	166 Tahir Akhtar	00:26:13.000 (155)	
	166 Andrew Law	00:27:30.150 (146)	
<b>148 Worksop Harriers B</b>		<b>200</b>	<b>01:47:03.750</b>
	200 Christopher Lawrence	00:23:24.100 (170)	
	200 Nick Mould	00:25:22.300 (157)	
	200 Jeff Newton	00:28:43.100 (159)	
	200 Roy Turner	00:29:34.250 (149)	
<b>149 Redhill Road Runners C</b>		<b>141</b>	<b>01:48:53.250</b>
	141 Benjamin Abbott	00:22:13.600 (160)	
	141 Phil James	00:25:24.700 (158)	
	141 Andrew Bee	00:33:00.050 (163)	
	141 Clive Greyson	00:28:14.900 (147)	
<b>150 North Derbyshire RC C</b>		<b>126</b>	<b>01:55:09.000</b>
	126 Mark Trolley	00:23:51.750 (173)	
	126 Chris Hunt	00:28:33.800 (163)	
	126 Shaun Johnson	00:31:50.400 (162)	
	126 David Hicken	00:30:53.050 (150)	
<b>151 Salford Harriers &amp; Ac</b>		<b>156</b>	<b>00:50:47.300</b>
	156 Ewan Wheelwright	00:16:49.500 (62)	
	156 Alexander Birkett	00:16:26.950 (27)	
	156 Joshua Dutton	00:17:30.850 (42)	
<b>152 East Cheshire Harriers &amp; Tameside Ac</b>		<b>48</b>	<b>00:52:16.500</b>
	48 Joseph Hudak	00:16:58.600 (71)	
	48 Gavin Browne	00:17:25.400 (54)	
	48 Gareth Raven	00:17:52.500 (53)	
<b>153 Vale Royal Ac B</b>		<b>188</b>	<b>00:54:58.700</b>
	188 James Griffiths	00:18:07.750 (106)	
	188 Oliver Williams	00:18:13.650 (75)	
	188 Stuart Doyle	00:18:37.300 (73)	
<b>154 Notts AC B</b>		<b>132</b>	<b>00:55:40.350</b>
	132 Tim Hartley	00:17:22.350 (87)	
	132 John Muddeman	00:18:22.800 (80)	
	132 Stuart King	00:19:55.200 (102)	
<b>155 Herne Hill Harriers C</b>		<b>74</b>	<b>00:57:31.000</b>
	74 Gregory Mills	00:19:40.450 (130)	
	74 Fintan Kearney	00:18:45.200 (91)	
	74 Scott Morrison	00:19:05.350 (84)	
<b>156 Liverpool Harriers &amp; AC C</b>		<b>104</b>	<b>00:57:40.650</b>
	104 Sam Flaherty	00:17:19.850 (84)	
	104 Mathew Chauhan	00:19:54.100 (112)	
	104 Callum Grant	00:20:26.700 (109)	
<b>157 Steel City Striders Rc B</b>		<b>170</b>	<b>01:02:44.350</b>
	170 Nick Burns	00:21:22.800 (152)	
	170 Alex Pegg	00:21:37.150 (135)	
	170 Richard Adrian Pegg	00:19:44.400 (97)	
<b>158 Wakefield District H &amp; AC B</b>		<b>192</b>	<b>01:06:29.800</b>
	192 Ryan Williams	00:20:59.900 (146)	
	192 Philip Ambler	00:21:48.150 (136)	
	192 Liam O'Flaherty	00:23:41.750 (140)	
<b>159 Huntingdonshire AC C</b>		<b>84</b>	<b>01:08:42.400</b>
	84 Steven Church	00:20:36.050 (141)	
	84 Derek Darnell	00:23:04.800 (147)	
	84 Chris Davies	00:25:01.550 (148)	
<b>160 Rotherham Running Club</b>		<b>147</b>	<b>01:09:40.250</b>
	147 Gavin Edley	00:21:48.650 (155)	
	147 Neil White	00:22:39.250 (142)	
	147 John Fellows	00:25:12.350 (151)	
<b>161 Sutton in Ashfield Harriers &amp; AC B</b>		<b>173</b>	<b>01:11:30.950</b>
	173 Daniel Urwin	00:23:08.000 (167)	
	173 Robert Roper	00:24:05.400 (153)	
	173 Christopher Bradshaw	00:24:17.550 (145)	
<b>162 Holme Pierrepont RC</b>		<b>79</b>	<b>01:18:33.250</b>

## National Cross Country Relays - Senior Men (4x5k)

	79 Matthew Nutt	00:18:50.550 (122)	
	79 Joe O'Donnell	00:39:49.600 (168)	
	79 Andrew Walters	00:19:53.100 (100)	
<b>163 Redhill Road Runners</b>		<b>202</b>	<b>01:24:04.500</b>
	202 Ben Wilson	00:21:01.250 (147)	
	202 Wayne Stott	00:41:03.500 (169)	
	202 Simon Nash	00:21:59.750 (127)	
<b>164 Chiltern Harriers AC</b>		<b>34</b>	<b>00:31:48.550</b>
	34 Richard Slade	00:15:10.850 (4)	
	34 Simon Bossi	00:16:37.700 (33)	
<b>165 St Mary's University Athletics Club</b>		<b>168</b>	<b>00:34:33.100</b>
	168 Joshua Hobbs	00:16:38.150 (55)	
	168 Reece Lincoln	00:17:54.950 (66)	
<b>166 Doncaster Athletic Club B</b>		<b>46</b>	<b>00:40:48.650</b>
	46 Ben Watkinson	00:20:32.650 (140)	
	46 Thomas Chisholm	00:20:16.000 (121)	
<b>167 Wreake &amp; Soar Valley</b>		<b>201</b>	<b>00:43:50.850</b>
	201 Samuel Kemp	00:19:51.000 (133)	
	201 Ian Drage	00:23:59.850 (152)	
<b>168 Aldershot Farnham &amp; District C</b>		<b>4</b>	<b>00:44:59.800</b>
	4 Richard Batchelor	00:19:51.800 (135)	
	4 Stuart Boswell	00:25:08.000 (156)	
<b>169 Bolton United Harriers &amp; AC</b>		<b>21</b>	<b>00:51:10.000</b>
	21 Thomas Lancashire	00:16:11.750 (38)	
	21 Anthony Valentine	00:34:58.250 (167)	
<b>170 Wirral AC</b>		<b>198</b>	<b>00:15:00.100</b>
	198 Joseph Wigfield	00:15:00.100 (2)	
<b>171 Herts Phoenix Ac</b>		<b>75</b>	<b>00:15:35.950</b>
	75 Oscar Bell	00:15:35.950 (15)	
<b>172 City of York AC B</b>		<b>39</b>	<b>00:16:35.550</b>
	39 Luca Parker	00:16:35.550 (53)	
<b>173 Shaftesbury Barnet Harriers B</b>		<b>160</b>	<b>00:16:54.400</b>
	160 Phillip Crout	00:16:54.400 (68)	
<b>174 Morpeth Harriers &amp; AC B</b>		<b>118</b>	<b>00:16:54.400</b>
	118 Daniel Melling	00:16:54.400 (69)	
<b>175 Windsor Slough Eton &amp; Hounslow AC</b>		<b>197</b>	<b>00:17:18.450</b>
	197 Simon Millett	00:17:18.450 (83)	
<b>176 Cornwall AC B</b>		<b>42</b>	<b>00:18:31.000</b>
	42 Abhik Gupta	00:18:31.000 (115)	
<b>177 Elswick Harriers</b>		<b>54</b>	<b>00:21:56.850</b>
	54 Michael Russell	00:21:56.850 (157)	