

Senior Men

Pos	Time	Team	Time1	Pos1	Name1	Time2	Pos2	Name2	Time3	Pos3	Name3	Time4	Pos4	Name4
1	01:00:06	Tonbridge Ac	00:15:00	(12)	Jack Higgins	00:15:25	(3)	Alex Howard	00:14:59	(2)	Ted Higgins	00:14:44	(1)	James Kingston
2	01:00:31	Shaftesbury Barnet Harriers	00:15:07	(18)	Tom Butler	00:15:20	(5)	Dylan Evans	00:14:57	(3)	Jeremy Dempsey	00:15:08	(2)	Liam Dee
3	01:00:45	Cambridge & Coleridge AC	00:15:17	(20)	Oliver Newman	00:15:10	(6)	Thomas Keen	00:15:23	(4)	Nathan Mapperley	00:14:56	(3)	Callum Elson
4	01:01:41	Western Tempo	00:15:01	(13)	Peter Molloy	00:15:49	(12)	Luke Davis	00:14:26	(1)	Jacob Cann	00:16:27	(4)	Charlie Wright
5	01:01:50	Newark AC	00:14:57	(8)	Elliot Smith-Rasmussen	00:15:46	(9)	Jacob Parkinson	00:16:15	(12)	Marcus Chesterton	00:14:54	(5)	Edward Buck
6	01:02:16	Salford Harriers & AC	00:15:23	(25)	Harry Wakefield	00:15:43	(18)	Sam Hopkins	00:15:28	(6)	David Barratt	00:15:43	(6)	Alex Ediker
7	01:02:17	Highgate Harriers	00:15:58	(44)	Peter Chambers	00:15:14	(20)	Alexander Lepretre	00:15:24	(7)	Flurry Grierson	00:15:43	(7)	Charles Cooper
8	01:02:30	Leeds City Athletic Club	00:15:47	(42)	William Tighe	00:16:03	(32)	Patrick Kelly	00:15:29	(16)	Ed Bovingdon	00:15:12	(8)	Jenson Connell
9	01:02:30	Aldershot Farnham & District	00:15:52	(43)	Callum Charleston	00:15:27	(23)	Tom Chandler	00:15:41	(13)	Sam Eglen	00:15:31	(9)	Liam Stone
10	01:02:34	Gateshead Harriers & AC	00:15:38	(36)	Josh Blevins	00:14:35	(1)	Calum Johnson	00:16:06	(5)	Matthew Linsley	00:16:18	(10)	Lewis Liddle
11	01:02:39	Herne Hill Harriers	00:15:21	(23)	Arlo Ludewick	00:14:55	(2)	Sam Bramwell	00:16:34	(9)	Thomas O'Mahoney	00:15:52	(11)	Tom Austin
12	01:03:02	Bedford & County AC	00:15:25	(27)	Edward Blythman	00:15:31	(13)	Noah Champion	00:15:44	(8)	Harry Brodie	00:16:24	(12)	Alfred Yabsley
13	01:03:05	Bracknell AC	00:15:31	(29)	Blake Moore	00:15:29	(15)	Scott Halsted	00:17:06	(26)	Callum Broadbent	00:15:02	(13)	Zak Seddon
14	01:03:10	Loughborough Students AC	00:15:03	(14)	Jack Small	00:15:43	(10)	Logan Patete	00:16:05	(10)	Henry Pickard	00:16:21	(14)	Freddie Cooper
15	01:03:25	Chiltern Harriers AC	00:14:44	(2)	Richard Slade	00:16:04	(11)	Simon Bossi	00:16:26	(14)	Alex Aldred	00:16:12	(15)	Harry Cox
16	01:03:26	Morpeth Harriers & AC	00:16:12	(57)	Josh Fiddaman	00:15:18	(28)	Chris Coulson	00:16:15	(22)	George Lowry	00:15:43	(16)	Carl Avery
17	01:03:38	Cambridge & Coleridge AC B	00:15:24	(26)	Ewan Spencer	00:15:44	(19)	Jack Gray	00:16:11	(17)	Michael Bartram	00:16:20	(17)	Max Walk
18	01:03:57	Tonbridge Ac B	00:15:35	(33)	Jamie MacDonald	00:15:51	(26)	Lewis Mills	00:16:00	(19)	James Crombie	00:16:33	(18)	Max Selby
19	01:04:06	Reading AC	00:15:20	(22)	Christopher Parker	00:15:56	(21)	Jonathan Davies	00:16:40	(24)	Hagos Abrha	00:16:11	(19)	Luc Jolly
20	01:04:12	Blackburn Harriers & Ac	00:14:44	(4)	Matthew James Ramsden	00:16:34	(22)	Ben Makin	00:16:02	(18)	Joe Monk	00:16:52	(20)	Ryusei Maruyama
21	01:04:16	Newham & Essex Beagles AC	00:16:08	(52)	John Gordon	00:14:51	(14)	Charlie Brisley	00:15:54	(11)	Oluwatosin Emmanuel Adedeji	00:17:25	(21)	Robel Kibreab
22	01:04:17	Mansfield Harriers	00:15:39	(37)	James McCrae	00:15:41	(24)	Alex Hampson	00:16:24	(21)	Paul Wright	00:16:35	(22)	Liam Watson
23	01:04:31	Swindon Harriers	00:16:33	(71)	Isaac Mould	00:16:21	(51)	Isaac McAdam	00:15:50	(33)	Harry Woods	00:15:48	(23)	Simon Byrne
24	01:04:33	Coventry Godiva Harriers	00:15:05	(16)	Miles Clisham	00:16:00	(17)	Pierce Clisham	00:16:30	(20)	Joseph McLeod	00:16:59	(24)	Lenny Shail
25	01:04:43	Hallamshire Harriers Sheffield	00:15:12	(19)	Alfie Manthorpe	00:17:08	(41)	Tom Bailey	00:16:36	(39)	Leo Cossham	00:15:48	(25)	Daniel Haworth
26	01:04:46	Leeds City Athletic Club B	00:15:41	(38)	Alex Dunn	00:16:13	(33)	Angus Cole	00:16:19	(27)	Harry Butler	00:16:35	(26)	Sam Atkinson
27	01:04:51	Salford Harriers & AC B	00:16:08	(54)	Joshua Birmingham	00:16:18	(43)	Jacob Wood-Doyle	00:16:18	(34)	Karl Darcy	00:16:08	(27)	Ryan Worland
28	01:05:08	Thames Valley Harriers	00:15:21	(24)	Jordan Rowe	00:16:00	(25)	Christopher Fielding	00:16:28	(23)	Rory Bradford	00:17:21	(28)	Szymon Kubica
29	01:05:08	Chelmsford AC	00:15:37	(34)	William Nuttall	00:16:25	(37)	Lewis Harknett	00:16:23	(30)	Joseph Perry	00:16:44	(29)	Thomas Woodward
30	01:05:15	Cornwall AC	00:16:16	(59)	Edward Mitchell	00:16:23	(47)	Callum Jones	00:15:43	(28)	Freddie Fielding	00:16:56	(30)	Samuel Goodchild
31	01:05:50	Invicta East Kent AC	00:15:29	(28)	Jamie Keir	00:16:09	(30)	Oliver Weston	00:17:03	(32)	James Akhurst	00:17:10	(31)	Joseph Griffiths
32	01:06:13	Rotherham Harriers And Ac	00:15:38	(35)	Joseph Massingham	00:16:22	(35)	Joshua Wragg	00:17:07	(40)	James Mellor	00:17:08	(32)	Ben Burton
33	01:06:26	Tonbridge Ac C	00:16:00	(47)	Isaac Arnott	00:16:33	(45)	Cameron Chambers	00:17:04	(46)	George Marshall	00:16:49	(33)	Jordan Chambers
34	01:06:31	Salford Harriers & AC C	00:16:04	(49)	George Beardmore	00:16:51	(52)	Robert Smyk	00:16:32	(43)	Matthew Cooper	00:17:06	(34)	Callum Jones
35	01:06:33	City of York AC	00:14:44	(3)	Angus McMillan	00:16:57	(31)	Oskar Fraser-Krauss	00:16:43	(29)	Mark Bolland-Cage	00:18:10	(35)	Luke Haynes
36	01:06:37	Herts Phoenix Ac	00:14:54	(6)	Oscar Bell	00:17:31	(42)	Samuel Pedley	00:17:38	(50)	James Threlfall	00:16:35	(36)	Caleb O'Neill
37	01:06:42	Luton Athletic Club	00:16:16	(60)	Mohammed Elbayan	00:15:49	(38)	Jed Noblett	00:16:47	(37)	Ben Winfield	00:17:52	(37)	Jamie Keane
38	01:06:49	Belgrave Harriers	00:15:04	(15)	Raif Serif	00:16:58	(36)	Simon Coppard	00:16:51	(38)	Conall McNally	00:17:58	(38)	James Roberts
39	01:06:53	Unsanctioned Athletics	00:15:32	(31)	Samuel Moakes	00:16:02	(29)	Stephen Kerfoot	00:17:15	(35)	Jack Dakin	00:18:05	(39)	Shaun Knight
40	01:06:55	Notts AC	00:16:52	(81)	Amdebrhan Berhe	00:16:45	(64)	Finlay Hutchinson	00:16:39	(51)	Jack Holland	00:16:39	(40)	Matthew Williams
41	01:07:13	Loughborough Students AC B	00:16:08	(53)	Clement Ponse	00:16:31	(48)	Myles Hewlett	00:16:57	(45)	Daniel Odling	00:17:39	(41)	Jamie Frost
42	01:07:16	City Of Norwich AC	00:16:09	(55)	William Mahoney	00:16:00	(39)	Danny Adams	00:17:10	(42)	Jacob Ocal	00:17:58	(42)	Gary Crush
43	01:07:17	Warrington A C	00:16:54	(83)	Chris Stanford	00:16:25	(60)	Daniel Fox	00:17:11	(53)	Jack Pilkington	00:16:48	(43)	Jack Wadsworth
44	01:07:26	Houghton Harriers & AC	00:14:41	(1)	Cameron Allan	00:16:22	(16)	Alexander Brown	00:17:48	(36)	James Gillon	00:18:36	(44)	Rory Graham
45	01:07:36	Marshall Milton Keynes AC	00:16:18	(61)	Jack Pocock	00:16:55	(58)	Matthew Dicks	00:16:43	(49)	Chad Lambert	00:17:41	(45)	Steve Tuttle
46	01:07:39	Vale Royal Ac	00:17:20	(93)	Matt Rowlinson	00:16:13	(62)	Jake Wilson	00:16:15	(48)	Aaron Doyle	00:17:53	(46)	Oliver Williams
47	01:07:48	Huntingdonshire AC	00:16:31	(70)	Joey Croft	00:16:54	(61)	Oliver Mills	00:17:38	(61)	Simon Bowman	00:16:45	(47)	James Orrell
48	01:07:57	Lincoln Wellington Athletic Club	00:16:00	(46)	Matthew Bowser	00:16:48	(49)	Shane Robinson	00:16:51	(47)	Jamie Swindale	00:18:20	(48)	Jack Foot
49	01:08:08	Wirral AC	00:17:10	(87)	Ethan Brady-Jones	00:15:58	(56)	William Sutcliffe	00:17:18	(52)	Jack Heap	00:17:43	(49)	Harry Roscoe

Pos	Time	Team	Time1	Pos1	Name1	Time2	Pos2	Name2	Time3	Pos3	Name3	Time4	Pos4	Name4
50	01:08:12	Blackheath & Bromley Harriers AC	00:16:20	(62)	Sam Parsons	00:16:51	(57)	Ryan Weston	00:17:24	(54)	Micah Evans	00:17:38	(50)	Angus Harrington
51	01:08:23	Sale Harriers Manchester	00:16:13	(58)	Andrew Thompson	00:16:05	(40)	Brhane Gebrebrhan	00:16:57	(41)	Alex Bradford	00:19:10	(51)	Aidan Lynch
52	01:08:37	North Somerset AC	00:15:45	(41)	Ben Hamblin	00:16:48	(44)	William Cheek	00:17:02	(44)	Thomas Gostelow	00:19:02	(52)	Tom Barnes
53	01:08:41	Leeds City Athletic Club C	00:16:35	(73)	Daniel Franks	00:17:29	(70)	Mike Burrett	00:17:20	(64)	Ross McKelvie	00:17:18	(53)	Eddie Garner
54	01:08:44	Gateshead Harriers & AC B	00:17:17	(90)	Jack Douglas	00:16:44	(68)	Andrew Mulhall	00:17:18	(62)	James Cripwell	00:17:26	(54)	Harry Loasby
55	01:08:46	Rugby & Northampton Ac	00:15:45	(40)	Noah Bennett	00:17:20	(54)	Matthew Everett	00:17:35	(55)	Dylan Mander	00:18:08	(55)	Ethan Compton
56	01:08:56	Highgate Harriers B	00:16:30	(69)	George Trotter	00:17:06	(63)	Malik Ouzia	00:17:18	(57)	Alex Richardson	00:18:05	(56)	Ben Eames
57	01:09:46	Hillsborough & Rivelin RC	00:17:25	(95)	Daniel Smith	00:18:27	(88)	Matthew Noble	00:16:35	(68)	Joseph Harding	00:17:20	(57)	Ryan Griffiths
58	01:09:50	Cambridge & Coleridge AC C	00:16:41	(77)	Tom Henson	00:16:20	(53)	Gabriel Parmenter	00:17:56	(58)	Andrew Parmenter	00:18:55	(58)	Andrew Carrick
59	01:09:55	East Cheshire Harriers & Tameside Ac	00:16:35	(72)	Joseph Hudak	00:16:32	(55)	Michael Holness	00:17:56	(59)	Howard Oldham	00:18:54	(59)	Tom McMahon
60	01:10:02	Cannock & Stafford AC	00:16:44	(79)	Bill Chesters	00:17:03	(66)	Ryan Ashforth	00:17:44	(65)	Thomas Eustace	00:18:32	(60)	Jonathan Biddle
61	01:10:04	Rossendale Harriers & AC	00:15:59	(45)	Benjamin Kirkman	00:17:16	(59)	Robert Webb	00:18:04	(63)	Aaron Barker	00:18:46	(61)	Dominic Popland
62	01:10:17	Bedford & County AC B	00:17:15	(89)	Peter Benedickter	00:17:42	(83)	Craig Emmerson	00:17:29	(66)	Joe Strange	00:17:53	(62)	Ed Whiting
63	01:10:50	Mansfield Harriers B	00:17:32	(96)	Joshua Mitchell	00:17:06	(76)	William Sullivan	00:17:50	(67)	Daniel Wheat	00:18:24	(63)	Jordan Boam
64	01:11:04	Halesowen ACC	00:17:54	(105)	James Thomas	00:18:49	(97)	Peter Dear	00:17:00	(76)	Harry Law	00:17:22	(64)	Daniel Haile Tsegay
65	01:11:07	Herne Hill Harriers B	00:17:18	(91)	Oliver Walker	00:16:32	(67)	Thomas Patterson	00:18:51	(70)	Deron Fagan	00:18:28	(65)	Mathew Hudson
66	01:11:23	Rotherham Harriers And Ac B	00:17:38	(100)	Gareth Sampson	00:17:09	(79)	Kyle Craib	00:18:05	(71)	Toby Wildgoose	00:18:32	(66)	Richard Harris
67	01:11:36	Leamington Cycling and Athletics Club	00:15:42	(39)	Baljeev Kandola	00:18:56	(75)	Michael Dyde	00:19:14	(78)	Shane Conroy	00:17:46	(67)	Alexander Ibbs
68	01:11:55	Sutton in Ashfield Harriers & AC	00:16:40	(76)	Stanley Clarke	00:17:32	(71)	Adam Knights	00:19:18	(75)	Richard Robinson	00:18:26	(68)	Thomas Welham
69	01:11:56	Coventry Godiva Harriers B	00:16:47	(80)	Lucas Bennett	00:18:01	(80)	James Wright	00:19:10	(79)	Peter Eccleston	00:17:59	(69)	Hossein Mohammadiha
70	01:12:08	St Albans Striders	00:17:33	(98)	George Withers	00:19:13	(98)	Thomas Toyer	00:17:19	(80)	Euan Turner	00:18:05	(70)	Henry Jones
71	01:12:09	Derby Athletic Club	00:16:36	(74)	Sammy Galpin	00:17:53	(74)	Patrick Welsh	00:18:10	(69)	Martin Kerr	00:19:31	(71)	Ian Stevens
72	01:12:43	Vale Of Aylesbury Ac	00:16:53	(82)	Ewan Maxwell	00:19:13	(89)	Mark Fallaize	00:19:13	(87)	George White	00:17:26	(72)	Jamie Pugh
73	01:12:51	North Shields Polytechnic Club	00:16:21	(63)	David Green	00:17:40	(69)	Lucas Sutherland	00:19:27	(73)	Richard Conder	00:19:25	(73)	Thomas Penfold
74	01:12:52	Warrington A C B	00:17:54	(106)	Matthew Jenson	00:17:22	(85)	Joe Roberts	00:17:44	(72)	Adam Rashud	00:19:53	(74)	David Watson
75	01:12:58	Charnwood A C	00:16:43	(78)	George Buttery	00:17:59	(77)	David Locker	00:18:45	(74)	Billy Champneys-Davies	00:19:32	(75)	Paul Harmer
76	01:13:19	Liverpool Harriers & AC	00:16:27	(66)	Dylan Naylor	00:21:19	(106)	Callum Grant	00:17:57	(91)	Hywel Care	00:17:37	(76)	Matthew Hughes
77	01:13:23	Rushcliffe AC	00:16:25	(65)	James Wardle	00:18:25	(81)	Ben Squire	00:19:32	(81)	Steven Carr	00:19:02	(77)	Steve Dickens
78	01:13:31	Holmfirth Harriers AC	00:18:28	(116)	Paul Sammonds	00:18:30	(101)	Archie Hall	00:18:29	(88)	Patrick Needham	00:18:07	(78)	James Burbidge
79	01:14:08	Marshall Milton Keynes AC B	00:17:44	(104)	Viv Parnell-Murphy	00:18:28	(91)	Josh Knight	00:19:25	(89)	Jordan Pope	00:18:34	(79)	Adam Stone
80	01:14:16	East Hull Harriers & AC	00:17:09	(86)	Lewis Suddaby	00:19:26	(95)	John Podgorny	00:19:03	(90)	Mark Bissell	00:18:40	(80)	Matthew Hayes
81	01:14:50	Newark AC B	00:17:03	(84)	Conor William Pacey	00:19:43	(99)	Timothy Bagguley	00:20:16	(98)	Adrian Dix	00:17:50	(81)	Robert Lindsay
82	01:15:00	Thames Valley Harriers B	00:18:17	(111)	Christopher Jack Turner	00:18:02	(92)	Nelson Gordon	00:18:41	(84)	Gordon Low	00:20:01	(82)	Manuel Da Silva
83	01:15:02	Wakefield District H & AC	00:16:05	(50)	Robert Brailsford	00:18:38	(78)	Scott Eaglen	00:19:07	(77)	Stewart Knowles	00:21:14	(83)	Robert Jackson
84	01:15:47	Peterborough & Nene Valley AC	00:17:41	(102)	Simon Fell	00:18:25	(90)	Thomas Carlton	00:18:41	(83)	Steven Wilkinson	00:21:00	(84)	Daniel Harris
85	01:15:57	Steel City Striders Rc	00:17:22	(94)	Richard Carter-Pearson	00:19:35	(102)	Ben Baxendale	00:19:25	(95)	Robert Cook	00:19:36	(85)	Jonathan Smith
86	01:16:00	Trafford Athletic Club	00:16:36	(75)	Jordi Evans-Rodriguez	00:18:46	(86)	Jeff Prest	00:19:49	(85)	George Wright	00:20:50	(86)	Jacob Fletcher
87	01:16:05	Lincoln Wellington Athletic Club B	00:19:27	(130)	Ian Boyle	00:18:24	(109)	Phillip Williams	00:19:03	(97)	Giuseppe Bruni	00:19:12	(87)	Thomas Marshall
88	01:16:08	Gateshead Harriers & AC C	00:17:36	(99)	Hugh Porter	00:17:56	(87)	John Hinton	00:19:41	(86)	Paul Attley	00:20:56	(88)	Oliver Hope
89	01:16:15	Kendal Amateur Athletic Club	00:15:33	(32)	Jacob Smith	00:16:21	(34)	James Bowen	00:18:53	(56)	Harry Bowen	00:25:29	(89)	Stuart McGurk
90	01:16:24	Huntingdonshire AC B	00:18:27	(115)	Alastair Falconer	00:19:30	(111)	Simon Mead	00:17:50	(92)	Joseph Reindel	00:20:39	(90)	Steven Church
91	01:16:36	Holme Pierrepont RC	00:18:55	(121)	Andrew Soley	00:19:22	(116)	James Kirkwood	00:18:56	(100)	Joseph Gunn	00:19:24	(91)	Dougie Williamson
92	01:17:18	Halifax Harriers & AC	00:18:29	(117)	Ben Crowther	00:19:41	(114)	Ken Montgomery	00:18:36	(96)	James Franklin	00:20:34	(92)	Simon Johnson
93	01:17:27	Bingley Harriers & AC	00:18:26	(114)	James Hargreaves	00:18:43	(103)	Chris Emsley	00:20:33	(104)	Greg Hull	00:19:47	(93)	David Norris
94	01:17:35	Doncaster Athletic Club	00:19:13	(125)	Mariusz Felczerek	00:19:08	(117)	Connor Anderson	00:18:58	(101)	Matthew Baden Malkin	00:20:17	(94)	Jordan Brian Poulston
95	01:18:20	Notts AC B	00:22:23	(156)	Sam Shuttleworth	00:19:11	(132)	Steve Long	00:18:24	(112)	Tim Hartley	00:18:24	(95)	Colin Palmer
96	01:18:29	Reading AC B	00:17:42	(103)	Charlie Madelaine	00:19:07	(100)	Zak Lambourne	00:19:25	(94)	Mate Lorincz	00:22:16	(96)	Andrew McDonald
97	01:18:43	Invicta East Kent AC B	00:19:16	(126)	Harrison White	00:19:33	(118)	Glen Davison	00:20:02	(108)	Gavin Whitlock	00:19:53	(97)	Darren Scrivens
98	01:19:03	Run 4 U and Perform Running Club	00:17:59	(107)	Jon Shum	00:19:54	(110)	Aidan McElroy	00:22:26	(115)	Tim Norman	00:18:46	(98)	Lewis Mason
99	01:19:13	North Derbyshire RC	00:20:23	(141)	Paul Sorrell	00:19:47	(128)	Martin Cooper	00:18:57	(109)	Matt Jackson	00:20:07	(99)	Bryce Ward
100	01:19:20	City Of Norwich AC B	00:17:11	(88)	Patrick Thomas	00:17:42	(82)	Samuel Worfolk	00:22:16	(99)	Ross Ashton	00:22:13	(100)	Steven Guy

Pos	Time	Team	Time1	Pos1	Name1	Time2	Pos2	Name2	Time3	Pos3	Name3	Time4	Pos4	Name4
101	01:19:27	Cannock & Stafford AC B	00:19:23	(128)	Robert Gorman	00:18:40	(113)	James Russell	00:20:19	(107)	Danny Leighton	00:21:06	(101)	Craig Pearson
102	01:19:43	Leigh Harriers & AC	00:18:08	(110)	Chris Benjamin	00:19:24	(105)	Robert Thorpe	00:21:37	(110)	Ronnie Coleman	00:20:35	(102)	Joel Denton
103	01:19:56	Sheffield RC	00:17:33	(97)	Keith Swainson	00:21:40	(121)	Richard Ward	00:21:21	(118)	James Devereau	00:19:24	(103)	Christopher Moss
104	01:20:11	Grantham Running Club	00:19:25	(129)	Russel Whittaker	00:19:57	(122)	Piers Pye-Watson	00:21:05	(117)	Andrew Goddard	00:19:46	(104)	Samuel Jepson
105	01:20:26	Hillsborough & Rivelin RC B	00:20:55	(146)	Charles Benkowitz	00:19:44	(131)	Ben Burrell	00:20:33	(120)	Ryan Timms	00:19:15	(105)	Trevor Brenard
106	01:20:52	Mansfield Harriers C	00:18:00	(108)	Drew Hurst	00:19:50	(108)	Chris Gabbott	00:20:15	(105)	Ben McClemens	00:22:48	(106)	Andy Wetherill
107	01:21:15	Warriors Pentathlon & Athletic Club	00:19:28	(131)	James Oswick	00:19:22	(119)	David Pastor	00:19:21	(106)	Bastian Weinberger	00:23:06	(107)	Ronan Kearney
108	01:21:40	East Cheshire Harriers & Tameside Ac B	00:20:29	(142)	Michael Kennedy	00:20:00	(129)	James Hartshorne	00:19:43	(113)	Jonathan Aust	00:21:29	(108)	Dennis Thomas
109	01:21:44	Lincoln Wellington Athletic Club C	00:19:45	(134)	Archie Richardson	00:20:02	(125)	Patrick Liddell	00:20:31	(114)	Raymond Clayton	00:21:28	(109)	Martin Dennis
110	01:22:32	Hearon Running Club	00:17:39	(101)	Andy Harding	00:20:35	(115)	Andy Robinson	00:23:00	(121)	Stephen Ashmore	00:21:19	(110)	Ashley Deeming
111	01:22:46	Holmfirth Harriers AC B	00:20:16	(139)	James Washington	00:19:47	(126)	Michael Sanderson	00:20:23	(116)	Simon Platts	00:22:21	(111)	Damian McQueen
112	01:23:46	Sutton in Ashfield Harriers & AC B	00:18:41	(119)	Lewis Tarnai-Wilson	00:21:49	(130)	John Eyley	00:22:10	(124)	Christopher Bradshaw	00:21:07	(112)	Martin Greensmith
113	01:24:04	Kimberley & District Striders	00:20:34	(144)	Ryan Stocks	00:21:30	(138)	Daniel Bailey	00:20:58	(125)	Liam Johnson	00:21:05	(113)	Joe Timson
114	01:24:14	Barnsley Harriers	00:20:19	(140)	Simon Newton	00:19:19	(123)	Richard Spooner	00:22:28	(122)	Jay West	00:22:10	(114)	Jon Barker
115	01:25:37	Steel City Striders Rc B	00:20:41	(145)	Malcolm Baggaley	00:20:52	(133)	Jed Turner	00:22:05	(128)	Neil Schofield	00:21:59	(115)	Ian Stinson
116	01:25:39	Ripley Running Club	00:19:56	(136)	Matthew Nicholls	00:17:52	(107)	Luke Beresford	00:19:44	(103)	Matt Jones	00:28:08	(116)	Jay Bird
117	01:25:59	Retford AC	00:20:59	(147)	Luke Dixon	00:20:44	(134)	Thomas Duke	00:22:57	(131)	Andrew Simpson	00:21:21	(117)	Bevan Adams
118	01:26:04	Kimberworth Striders	00:19:29	(132)	Alexander Broadhead	00:22:49	(141)	Liam Swift	00:21:33	(129)	Kevin Doyle	00:22:15	(118)	Colin Earl
119	01:27:01	Bingley Harriers & AC B	00:22:38	(158)	Paul Lemmon	00:19:34	(140)	Nick Chapman	00:23:02	(132)	Ambrose Griffiths	00:21:48	(120)	Mark Chatterton
120	01:27:30	Hearon Running Club B	00:23:31	(166)	Peter Edwards	00:23:36	(154)	John Queenan	00:18:11	(133)	Adrian Smith	00:22:14	(121)	Daniel Orme
121	01:30:31	Halesowen ACC B	00:18:25	(112)	Matthew Wilkinson	00:19:33	(112)	Ethan Jordan	00:23:04	(119)	Ben Russell	00:29:31	(125)	Mohamed Cusworth-Yafai
122	01:31:28	Valley Hill Runners	00:21:03	(148)	Jonathan Briggs	00:26:02	(153)	Luke Evans	00:23:30	(144)	Stephen Sansom	00:20:55	(128)	Shaun Wright
123	01:31:32	Beeston AC B	00:22:38	(157)	David Cross	00:21:27	(145)	Andrew Smith	00:22:08	(134)	James Thomas	00:25:22	(119)	Jack Carroll
124	01:31:47	East Hull Harriers & AC B	00:23:03	(164)	Vincent McGowan	00:22:13	(147)	Philip McCoy	00:22:59	(138)	Paul Poucher	00:23:34	(122)	Luke Barnes
125	01:32:35	North Derbyshire RC B	00:23:28	(165)	Matt Taylor	00:26:50	(163)	David Hicken	00:22:12	(150)	Tim Clayton	00:20:05	(134)	Christopher Forster
126	01:32:38	Elswick Harriers	00:21:39	(150)	Paul Taylor	00:21:53	(144)	John Rippon	00:20:49	(130)	David Allan	00:28:18	(130)	Steven Bond
127	01:32:41	Leigh Harriers & AC B	00:19:03	(122)	Dominic Allen	00:22:52	(136)	Gary Sanderson	00:25:44	(136)	Brian Copper	00:25:02	(123)	David Pollitt
128	01:33:05	Holme Pierrepont RC B	00:20:30	(143)	Richard Holt	00:22:15	(143)	Will Meredith	00:25:44	(140)	Matt Aldridge	00:24:38	(126)	Nick Pidgeon
129	01:33:07	Sutton in Ashfield Harriers & AC C	00:22:48	(160)	Wayne Lowe	00:23:27	(150)	Jordan Mitchell	00:25:19	(148)	Anton Newell	00:21:34	(132)	Gary Lowde
130	01:33:14	Matlock Athletic Club	00:23:02	(163)	Peter Wilmot	00:23:18	(151)	Ian Pitkin	00:22:24	(143)	Andrew Donohoe	00:24:31	(127)	Geoff Cooper
131	01:33:32	Fitmums and Friends	00:30:07	(172)	Glenn Silburn	00:17:30	(156)	Stuart Spencer	00:25:37	(151)	Michael Kilgour	00:20:19	(138)	John Walker
132	01:33:32	Grantham Running Club B	00:22:06	(153)	Matthew Williamson	00:23:03	(146)	Rob Howbrook	00:23:23	(141)	Peter Jennings	00:25:01	(129)	Russell Maksymiw
133	01:33:44	Rushcliffe AC B	00:24:30	(169)	Paul Kelly	00:23:46	(159)	Jonathan Maston	00:23:15	(147)	Graham Moffatt	00:22:15	(136)	Danny McIntyre
134	01:33:56	Vegan Runners UK	00:20:08	(138)	Bill Hill	00:21:40	(135)	Allan Shaw	00:20:42	(123)	Chris O'Grady	00:31:28	(133)	Peter Simpson
135	01:33:59	North Shields Polytechnic Club B	00:19:39	(133)	Jonathan Heaney	00:20:29	(127)	Sean Maley	00:26:53	(135)	Mark O'Brien	00:26:59	(124)	Vaughan Hemy
136	01:34:44	Long Eaton Running Club	00:23:00	(162)	Edmond Murden	00:25:29	(161)	Richard Wilkinson	00:23:20	(149)	Alan Maplethorpe	00:22:57	(137)	Andy Dickenson
137	01:35:07	Retford AC B	00:23:43	(168)	Simon Foster	00:21:59	(148)	Andy Kinsley	00:23:01	(142)	Daniel Green	00:26:26	(131)	Steve Charlesworth
138	01:35:47	Kimberley & District Striders B	00:22:14	(154)	Robin Damion	00:25:30	(157)	Glen Weston	00:27:04	(152)	Nick Tennant	00:21:00	(139)	Dominic Devlin
139	01:36:43	Skegness & District Running Club	00:21:47	(151)	Luke Spradbury	00:24:36	(152)	Darren Fissenden	00:22:00	(139)	Robert Sands	00:28:21	(135)	Steve Welham
140	01:39:06	Rushcliffe AC C	00:23:32	(167)	Andrew Wardle	00:26:42	(162)	Ian Sutcliffe	00:26:48	(154)	David Sweet	00:22:05	(141)	Richard Bradbury
141	01:41:18	Harborough AC	00:21:04	(149)	Chris Burrell	00:25:01	(149)	Simon Hobbs	00:25:12	(146)	Graeme Rolfe	00:30:02	(140)	David Ward
142	00:47:15	Keighley & Craven AC	00:14:49	(5)	Joe Hudson	00:15:47	(8)	Joseph Carnelley	00:16:40	(15)	Tom Barrett			
143	00:48:00	Windsor Slough Eton & Hounslow AC	00:15:05	(17)	Samuel Hodgson	00:16:24	(27)	Ben Reynolds	00:16:31	(25)	Jack Campbell			
144	00:48:36	Bristol and West AC	00:14:59	(10)	Flynn Jennings	00:15:33	(7)	Joe Morrow	00:18:05	(31)	William Christofi			
145	00:51:02	University of Birmingham AC and Cross Country Club	00:16:01	(48)	Tom Archer	00:16:32	(46)	Oli Demain	00:18:29	(60)	Vito D'archangelo			
146	00:55:47	Birchfield Harriers	00:15:00	(11)	Elliot Giles	00:19:16	(72)	Thomas Smith	00:21:32	(93)	Keith Burgess			
147	00:57:21	Unsanctioned Athletics B	00:18:26	(113)	Luke Myers	00:16:37	(84)	Jack Llewelyn Davies	00:22:18	(102)	Gareth Maguire			
148	00:59:24	Blackheath & Bromley Harriers AC B	00:18:02	(109)	William Reedman-White	00:18:20	(93)	Sam Aldridge	00:23:03	(111)	Barry Horgan			
149	01:03:04	City of Hull AC	00:19:12	(124)	Martin Smith	00:20:30	(124)	Lee Hammond	00:23:24	(126)	James Durham			
150	01:03:11	Dronfield RC	00:22:18	(155)	Jimmy Sharman	00:20:20	(142)	James Crooks	00:20:33	(127)	Joshua Rowlands			
151	01:07:43	Huntingdonshire AC C	00:18:35	(118)	Paul Begley	00:23:26	(137)	Derek Darnell	00:25:42	(137)	Graham Williams			

