

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1	0:43:36	6770	Calum Johnson	Gateshead Harriers and AC	101	0:47:52	8054	Phillip Crout	Shaftesbury Barnet Harriers
2	0:43:59	6690	Joe Steward	East Cheshire Harriers and Ta	102	0:47:55	8441	Cameron Payas	Tonbridge AC
3	0:44:13	7303	Linton Taylor	Leeds City AC	103	0:47:56	8312	David Bishop	Team Derby Runner
4	0:44:24	8155	Adam Hickey	Southend On Sea AC	104	0:47:56	7547	Keiran Walker	Middlesbrough AC (mandale)
5	0:44:33	7564	Carl Avery	Morpeth Harriers and AC	105	0:47:56	6364	Andrew Watt	Bristol and West AC
6	0:44:35	6117	Daniel Jarvis	Bedford and County AC	106	0:47:58	6650	Jack Ramm	Dulwich Runners AC
7	0:44:41	6325	Zak Seddon	Bracknell AC	107	0:47:58	6236	Michael Tanner	Birchfield Harriers
8	0:44:42	7298	Graham Rush	Leeds City AC	108	0:48:03	7989	Gary Priestley	Salford Harriers and AC
9	0:44:54	7072	Mark Buckingham	Holmfirth Harriers AC	109	0:48:06	6085	Ross Campbell	Barrow and Furness Striders
10	0:44:56	6358	Jack Millar	Bristol and West AC	110	0:48:06	7531	Harry Holmes	Matlock AC
11	0:45:00	8439	Maximilian Nicholls	Tonbridge AC	111	0:48:08	6343	Jed Bartlett	Bristol and West AC
12	0:45:02	7012	Alexander Lepretre	Highgate Harriers	112	0:48:09	6028	Shaun Smith	Aldershot Farnham and Distri
13	0:45:04	7622	Jayne Rossiter	Newham and Essex Beagles A	113	0:48:10	6018	George Gathercole	Aldershot Farnham and Distri
14	0:45:23	6219	Omar Ahmed	Birchfield Harriers	114	0:48:10	7698	Bruce Raeside	Notts AC
15	0:45:26	7180	John Gilbert	Kent AC	115	0:48:10	7288	Mick Hill	Leeds City AC
16	0:45:28	8376	Antonio Silva	Thames Valley Harriers	116	0:48:12	6420	William Mycroft	Cambridge and Coleridge AC
17	0:45:33	7344	Joe Wilkinson	Lincoln Wellington AC	117	0:48:12	7023	Rob Wilson	Highgate Harriers
18	0:45:37	8055	Liam Dee	Shaftesbury Barnet Harriers	118	0:48:13	6436	Joseph Gray	Cambridge University Hare ar
19	0:45:51	7530	Daniel Haworth	Matlock AC	119	0:48:14	7641	David Green	North Shields Polytechnic Clu
20	0:45:51	6009	Richard Allen	Aldershot Farnham and Distri	120	0:48:21	6267	James Habergham	Blackheath And Bromley Harr
21	0:45:55	8153	Thomas Frith	Southend On Sea AC	121	0:48:22	6858	Aidan Smith	Hallamshire Harriers Sheffield
22	0:45:56	6217	Kadar Omar Abdullahi	Birchfield Harriers	122	0:48:23	7550	Greg Jayasuriya	Middlesbrough and Cleveland
23	0:45:56	6253	Robert Warner	Blackburn Harriers and AC	123	0:48:25	6359	Josh Moody	Bristol and West AC
24	0:45:58	8423	Ben Cole	Tonbridge AC	124	0:48:27	8148	Sam Costley	Southampton AC
25	0:46:01	6410	Tim Harrison	Cambridge and Coleridge AC	125	0:48:28	7809	Alex Sutton	Reading AC
26	0:46:03	6112	Jack Goodwin	Bedford and County AC	126	0:48:28	8329	Josh Carr	Thames Hare and Hounds
27	0:46:04	6016	Ellis Cross	Aldershot Farnham and Distri	127	0:48:32	6951	Frederick Slemeck	Hercules Wimbledon AC
28	0:46:06	7353	Daniel Cliffe	Liverpool Harriers and AC	128	0:48:33	7183	Cedric Hauben	Kent AC
29	0:46:08	6261	Charlie Davis	Blackheath And Bromley Harr	129	0:48:35	6347	William Christofi	Bristol and West AC
30	0:46:11	6425	Joe Smith	Cambridge and Coleridge AC	130	0:48:35	6917	Joe Rainsford	Heanor RC
31	0:46:15	6405	Jonathan Escalante-Phillips	Cambridge and Coleridge AC	131	0:48:36	7001	Terence Fawden	Highgate Harriers
32	0:46:17	8445	Kieran Reilly	Tonbridge AC	132	0:48:39	8455	Miles Weatherseed	Tonbridge AC
33	0:46:19	6354	Peter Legrice	Bristol and West AC	133	0:48:40	8431	Jamie Goodge	Tonbridge AC
34	0:46:24	7542	Robert Meyer	Medway And Maidstone AC	134	0:48:41	8346	Patrick Roddy	Thames Hare and Hounds
35	0:46:25	8691	Edward Shepherd	Woodford Green AC with Ess	135	0:48:42	7912	Lee Gratton	Rugeley Runners
36	0:46:26	7308	Joshua Woodcock-Shaw	Leeds City AC	136	0:48:44	8336	James Hoad	Thames Hare and Hounds
37	0:46:27	7880	Joseph Massingham	Rotherham Harriers And AC	137	0:48:44	6237	Alexander Tovey	Birchfield Harriers
38	0:46:28	7497	Leopoldo Burguete	Marshall Milton Keynes AC	138	0:48:46	6555	Matthew Battley	Coventry Godiva Harriers
39	0:46:32	6255	Ross Braden	Blackheath And Bromley Harr	139	0:48:48	6341	James Turner	Brighton and Hove AC
40	0:46:32	8066	Jake Shelley	Shaftesbury Barnet Harriers	140	0:48:50	6067	Edward Knudsen	Avon Valley Runners
41	0:46:33	6460	Dominic James	Cheltenham and County Harr	141	0:48:53	7503	Paul Mizon	Bedford and County AC
42	0:46:34	7685	Freddie Hessian	Notts AC	142	0:48:56	8372	Oliver Newton	Thames Valley Harriers
43	0:46:39	8427	Ryan Driscoll	Tonbridge AC	143	0:48:57	7794	Ben Anderson	Ranelagh Harriers
44	0:46:41	6351	Callum Jones	Bristol and West AC	144	0:48:58	6618	Jonathan Gilby	Derby AC
45	0:46:42	7014	Roger Poolman	Highgate Harriers	145	0:49:00	7904	Duncan Bertwistle	Rugby and Northampton AC
46	0:46:43	8134	Gary Laybourne	South London Harriers	146	0:49:00	7619	Olivier Heaslip	Newham and Essex Beagles A
47	0:46:44	6203	Liam Aldridge	Billingham Marsh Hse H and A	147	0:49:02	8547	Greg Divall	Victoria Park Harriers And To
48	0:46:45	6990	Alex Bampton	Highgate Harriers	148	0:49:03	7020	Murray Strain	Highgate Harriers
49	0:46:48	7706	Alastair Watson	Notts AC	149	0:49:05	6356	Felix McGrath	Bristol and West AC
50	0:46:51	6528	Johnny Van Deventer	Clapham Chasers	150	0:49:05	6966	Carl Delaney	Herne Hill Harriers
51	0:46:51	6324	Matthew Seddon	Bracknell AC	151	0:49:05	7561	Charles Wheeler	Milton Keynes Distance Proje
52	0:46:51	7961	Philp Robertson	Sale Harriers Manchester	152	0:49:06	6223	Jonathan Bradford	Birchfield Harriers
53	0:46:52	6109	Darren Deed	Bedford and County AC	153	0:49:06	8687	Angus Holford	Woodford Green AC with Ess
54	0:46:53	6014	Gus Cockle	Aldershot Farnham and Distri	154	0:49:07	6856	Connor Milnes	Hallamshire Harriers Sheffield
55	0:46:53	7984	Chris Livesey	Salford Harriers and AC	155	0:49:07	7394	Charles Hardy	London Heathside
56	0:46:55	7623	Edgars Sumskis	Newham and Essex Beagles A	156	0:49:08	6107	Michael Channing	Bedford and County AC
57	0:46:58	7287	Matthew Grieve	Leeds City AC	157	0:49:09	6993	Peter Chambers	Highgate Harriers
58	0:46:59	8052	Thomas Butler	Shaftesbury Barnet Harriers	158	0:49:10	7574	Phillip Winkler	Morpeth Harriers and AC
59	0:47:01	8426	Corey De'Ath	Tonbridge AC	159	0:49:11	6851	John Birch	Hallamshire Harriers Sheffield
60	0:47:04	7016	Sean Renfer	Highgate Harriers	160	0:49:12	6408	Michael Gilbert	Cambridge and Coleridge AC
61	0:47:06	7275	Gordon Benson	Leeds City AC	161	0:49:13	8092	Matt Hall	Shaftesbury AC
62	0:47:08	7957	William Onek	Sale Harriers Manchester	162	0:49:15	6544	Andrew Ward	Clowne RR Club
63	0:47:09	6103	Benjamin Alcock	Bedford and County AC	163	0:49:19	8341	Eliot Nevill	Thames Hare and Hounds
64	0:47:12	6434	Joshua Cara	Cambridge University Hare ar	164	0:49:22	8461	Jay Ferns	Trafford AC
65	0:47:13	7015	Christopher Rainsford	Highgate Harriers	165	0:49:22	8357	Hugo Cayssials	Thames Valley Harriers
66	0:47:14	6111	John Eves	Bedford and County AC	166	0:49:22	6357	Jarlath McKenna	Bristol and West AC
67	0:47:15	6335	William Cork	Brighton and Hove AC	167	0:49:23	8433	Alex Howard	Tonbridge AC
68	0:47:17	6337	Jamie Knapp	Brighton and Hove AC	168	0:49:24	7278	Jake Callis	Leeds City AC
69	0:47:18	7988	Elliot Palmer	Salford Harriers and AC	169	0:49:24	7750	Alex Hampson	Peterborough and Nene Valle
70	0:47:19	6363	Kurt Taylor	Bristol and West AC	170	0:49:25	8304	Aidan Daniel	Team Bath AC
71	0:47:20	6346	Andrew Chambers	Bristol and West AC	171	0:49:26	8201	Jon-jo Doherty	St Helens Sutton AC
72	0:47:20	7352	Richard Burney	Liverpool Harriers and AC	172	0:49:26	7734	Thomas Renshaw	Oxford University AC
73	0:47:22	6352	Owain Jones	Bristol and West AC	173	0:49:27	6011	Jack Boswell	Aldershot Farnham and Distri
74	0:47:24	8701	Tom Mahon	Wreake and Soar Valley	174	0:49:28	8464	Simon O'Meara	Trafford AC
75	0:47:25	6023	Luke Prior	Aldershot Farnham and Distri	175	0:49:29	6685	George Lewis	East Cheshire Harriers and Ta
76	0:47:25	6026	Philip Sewell	Aldershot Farnham and Distri	176	0:49:30	8342	Richard Ollington	Thames Hare and Hounds
77	0:47:26	8429	Luke Fisher	Tonbridge AC	177	0:49:32	6774	James Denne	Gloucester AC
78	0:47:26	7968	James Wignall	Sale Harriers Manchester	178	0:49:34	8649	Simon Millett	Windsor Slough Eton and Hou
79	0:47:27	8038	Callan Moody	Serpentine RC	179	0:49:38	8418	Dominic Brown	Tonbridge AC
80	0:47:29	8056	Dylan Evans	Shaftesbury Barnet Harriers	180	0:49:40	6225	Jonathan Goringe	Birchfield Harriers
81	0:47:31	7528	Billy Cartwright	Matlock AC	181	0:49:40	6439	Lawrence Hollom	Cambridge University Hare ar
82	0:47:31	7559	Joe Morrow	Milton Keynes Distance Proje	182	0:49:42	8502	Joseph Read	University of Birmingham AC
83	0:47:33	6229	Sam Johnson	Birchfield Harriers	183	0:49:43	7508	Steve Tuttle	Marshall Milton Keynes AC
84	0:47:34	6989	Robel Bahelbi	Highgate Harriers	184	0:49:43	6426	Sullivan Smith	Cambridge and Coleridge AC
85	0:47:34	6403	Chris Darling	Cambridge and Coleridge AC	185	0:49:43	7080	Kai Sunman	Holmfirth Harriers AC
86	0:47:35	7541	Teweldebrhan Menges	Medway And Maidstone AC	186	0:49:44	8674	Jonny Morris	Wolverhampton and Bilston
87	0:47:35	7145	Alasdair Russell	Kendal Amateur AC	187	0:49:45	6597	Jack Eykelbosch	Dacorun and Tring AC
88	0:47:37	7005	Charlie Haywood	Highgate Harriers	188	0:49:46	8435	Alasdair Kinloch	Tonbridge AC
89	0:47:38	7951	Daniel Kashi	Sale Harriers Manchester	189	0:49:46	8451	Stephen Strange	Tonbridge AC
90	0:47:38	8420	Jamie Bryant	Tonbridge AC	190	0:49:47	8330	James Chettle	Thames Hare and Hounds
91	0:47:38	7896	Marcos Angel Valero Palacio	Roundhay Runners	191	0:49:47	8693	James Stockings	Woodford Green AC with Ess
92	0:47:39	6119	William MacKay	Bedford and County AC	192	0:49:48	7276	Mike Burrett	Leeds City AC
93	0:47:41	7166	James Allchin	Kent AC	193	0:49:50	8397	Peter Brookes	Tipton Harriers
94	0:47:41	8147	Max Costley	Southampton AC	194	0:49:52	7804	Luc Jolly	Reading AC
95	0:47:42	6943	Tom Jervis	Hercules Wimbledon AC	195	0:49:54	7044	Joshua Knight	Holland Sports AC
96	0:47:43	7933	Matthew Barnes	Sale Harriers Manchester	196	0:49:56	7507	James Tuttle	Marshall Milton Keynes AC
97	0:47:43	8428	Michael Ellis	Tonbridge AC	197	0:49:57	7595	Callum Oneill	Newbury AC
98	0:47:48	7076	Christopher Law	Holmfirth Harriers AC	198	0:49:59	6401	Duncan Coombs	Cambridge and Coleridge AC
99	0:47:49	7169	Russell Bentley	Kent AC	199	0:50:01	8328	Amittai Ben-Israel	Thames Hare and Hounds
100	0:47:50	6021	Rian McCawley	Aldershot Farnham and Distri	200	0:50:01	6441	Christopher Perrin	Cannock and Stafford AC

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
201	0:50:02	7580	Oliver Carrington	Newark AC	301	0:51:49	7392	Ewan Gault	London Heathside
202	0:50:02	6070	Michael Towler	Avon Valley Runners	302	0:51:49	6936	Steven Robinson	Helpston Harriers AC
203	0:50:04	7326	Jordan Clay	Leighton Buzzard AC	303	0:51:50	6120	William Mullins	Bedford and County AC
204	0:50:05	7535	Tom Collins	Medway And Maidstone AC	304	0:51:51	7196	George Russell	Kent AC
205	0:50:05	6855	Bertie Houghton	Hallamshire Harriers Sheffield	305	0:51:52	8438	Euan Nicholls	Tonbridge AC
206	0:50:05	7062	Oliver Matharu	Holme Pierrepont Rc	306	0:51:52	6266	Alex Gibbins	Blackheath And Bromley Harri
207	0:50:05	8059	Thomas Kearns	Shaftesbury Barnet Harriers	307	0:51:54	7181	Christopher Greenwood	Kent AC
208	0:50:06	8496	Michael Hedley	Tyne Bridge Harriers	308	0:51:54	8505	Laurence Skidmore	University of Manchester Ath
209	0:50:09	6114	Richard Henderson	Bedford and County AC	309	0:51:55	8506	Ewan McLachlan	University of Nottingham AC
210	0:50:11	6455	David Fewell	Chelmsford AC	310	0:51:55	8306	James Donald	Team Bath AC
211	0:50:12	8684	Tom Beedell	Woodford Green AC with Essi	311	0:51:56	6360	Luke Roberts	Bristol and West AC
212	0:50:12	7959	Gareth Raven	Sale Harriers Manchester	312	0:51:57	8283	Nyle Clinton	Swindon Harriers
213	0:50:14	7812	Martin Turton	Reading AC	313	0:51:57	7995	Callum Rowlinson	Salford Harriers and AC
214	0:50:15	6895	Robert Warner	Havering AC	314	0:51:58	7782	Andrew McCarron	Queen's Park Harriers
215	0:50:16	6680	Gavin Browne	East Cheshire Harriers and Ta	315	0:51:58	8520	Stuart Doyle	Vale Royal AC
216	0:50:17	7570	Liam Roarty	Morpeth Harriers and AC	316	0:51:58	7631	Martin Dawson	North Derbyshire RC
217	0:50:20	6703	Stephen Jackson	Elvet Striders	317	0:51:59	7692	John Muddeman	Notts AC
218	0:50:22	6986	Andrew Warburton	Herne Hill Harriers	318	0:52:00	8453	James Taylor	Tonbridge AC
219	0:50:23	7967	Joseph Vis	Sale Harriers Manchester	319	0:52:02	7568	Andrew Lawrence	Morpeth Harriers and AC
220	0:50:23	8135	James Lyne	South London Harriers	320	0:52:06	6928	James McKenzie	Heaton Harriers and AC
221	0:50:25	7511	Samuel Winters	Marshall Milton Keynes AC	321	0:52:06	6513	Nicholas Dickinson	City of York AC
222	0:50:26	7791	Alexander Miell-Ingram	Radley AC	322	0:52:07	8702	Paul Miles	Wreake and Soar Valley
223	0:50:27	7539	Marley Godden	Medway And Maidstone AC	323	0:52:08	7878	Aidan Johnson	Rotherham Harriers And AC
224	0:50:28	8665	Ben Goddard	Woking AC	324	0:52:09	7455	Billy Hicks	Macclesfield Harriers and AC
225	0:50:29	6655	Alexander Cook	Durham City Harriers and AC	325	0:52:11	6482	Fraser MacDonald Oulds	Chorlton Runners
226	0:50:30	7683	Tim Hartley	Notts AC	326	0:52:11	8714	Kieran Gilfedder	Wycombe Phoenix Harriers a
227	0:50:32	8723	Robert Wright	Wycombe Phoenix Harriers a	327	0:52:12	6581	Harvey Speed	Coventry Godiva Harriers
228	0:50:35	8095	Charlie Rogers	Shrewsbury AC	328	0:52:13	6504	Sam Todd	City Of Norwich AC
229	0:50:36	8263	Steve Rankin	Sunderland Harriers and AC	329	0:52:14	7193	Neil Phillips	Kent AC
230	0:50:36	6429	Danny Kendall	Cambridge Harriers	330	0:52:14	6999	Darryl Davison	Highgate Harriers
231	0:50:37	6407	Tobias Fletcher	Cambridge and Coleridge AC	331	0:52:14	6838	Mateusz Sliwinski	Halesowen ACC
232	0:50:37	7280	Simon Deakin	Leeds City AC	332	0:52:15	8013	Will Kerr	Saltaire Striders
233	0:50:40	7360	Pablo Lassa	Liverpool Harriers and AC	333	0:52:15	8614	Alex Hamblin	Westbury Harriers
234	0:50:41	6044	David Norman	Altrincham and District AC Lir	334	0:52:15	7795	Graham Brook	Ranelagh Harriers
235	0:50:43	7285	Sean Flanagan	Leeds City AC	335	0:52:15	6934	Michael Moore	Helpston Harriers AC
236	0:50:43	7010	Jonathan Laybourn	Highgate Harriers	336	0:52:16	6269	Daniel Kennedy	Blackheath And Bromley Harri
237	0:50:43	8161	Andrew Kershaw	Southport Waterloo AC	337	0:52:16	7556	Michael Greener	Milton Keynes Distance Proje
238	0:50:45	7491	Stephen Garrett	Manx Harriers	338	0:52:17	8553	Simon Midwood	Wakefield District H and AC
239	0:50:45	6952	Joe Toomey	Hercules Wimbledon AC	339	0:52:18	6609	Wesley Tarn	Darlington H and AC
240	0:50:47	6456	Owen Thomas	Chelmsford AC	340	0:52:18	6240	Johnny Cullen	Birmingham Running Athletic
241	0:50:47	6516	George Phillips	City of York AC	341	0:52:19	8303	Joseph Chevalier	Team Bath AC
242	0:50:48	8282	Courtenay Chessell	Swindon Harriers	342	0:52:22	8709	Joe Branch	Wycombe Phoenix Harriers a
243	0:50:52	6950	Matthew Sharp	Hercules Wimbledon AC	343	0:52:23	8582	David O'Sullivan	Watford Joggers
244	0:50:53	8488	Daniel Watt	Tunbridge Wells Harriers	344	0:52:23	8228	James Rose	Steel City Striders Rc
245	0:50:54	7364	Andy Salmon	Liverpool Harriers and AC	345	0:52:26	8302	Joe Walton	Taunton AC
246	0:50:54	7705	Patrick Townsend	Notts AC	346	0:52:27	8281	Luke Byrne	Swindon Harriers
247	0:50:54	6992	Ash Chambers	Highgate Harriers	347	0:52:28	8307	Robert Eaton	Team Bath AC
248	0:50:55	6965	Jeff Cunningham	Herne Hill Harriers	348	0:52:29	8373	Calum Nicol	Thames Valley Harriers
249	0:50:55	7760	Jamie Grose	Poole AC	349	0:52:30	8026	James Oldfield	Sedgefield Harriers
250	0:50:56	6027	Bryn Smith	Aldershot Farnham and Distri	350	0:52:31	6896	Gavin Watts	Havering AC
251	0:50:57	6345	Graham Breen	Bristol and West AC	351	0:52:33	7262	Raymond Edgar	Lancaster and Morecambe At
252	0:50:57	7567	Alistair Douglass	Morpeth Harriers and AC	352	0:52:35	7158	Kevin Hope	Kenilworth Runners
253	0:50:57	6946	Edward Mallett	Hercules Wimbledon AC	353	0:52:35	6970	Joe Elliott	Herne Hill Harriers
254	0:50:59	7932	Sam Aspinwall	Sale Harriers Manchester	354	0:52:36	7955	Stephen McCarron	Sale Harriers Manchester
255	0:51:00	8643	Calum Upton	Winchester and District AC	355	0:52:36	6959	Eoin Brady	Herne Hill Harriers
256	0:51:02	7084	Ian Conroy	Horwich R M I Harriers	356	0:52:37	8340	James Meiklejohn	Thames Hare and Hounds
257	0:51:04	8728	Sam Sommerville	Yeovil Olympiads AC	357	0:52:37	6025	Dan Rickards	Aldershot Farnham and Distri
258	0:51:04	6501	James Senior	City Of Norwich AC	358	0:52:39	7465	Jordan Chambers	Maidstone Harriers
259	0:51:04	6168	Michael McCarthy	Belgrave Harriers	359	0:52:40	8152	Oliver Smith	Southampton AC
260	0:51:06	6580	Alistair Smith	Coventry Godiva Harriers	360	0:52:41	7191	Dave Morgan	Kent AC
261	0:51:08	7402	Peter Northall	London Heathside	361	0:52:41	8577	Sean Collum	Watford Joggers
262	0:51:10	6262	Tom Desborough	Blackheath And Bromley Harr	362	0:52:42	6960	Jack Brotchie	Herne Hill Harriers
263	0:51:10	7903	William Bowers	Royston Runners	363	0:52:43	6029	Tobias Smith	Aldershot Farnham and Distri
264	0:51:11	7362	Thomas Rogerson	Liverpool Harriers and AC	364	0:52:44	6326	Kurtis Swan	Braintree and District AC
265	0:51:11	6676	Christopher Hepworth	Ealing Southall and Middlesex	365	0:52:44	6854	Pete Hodges	Hallamshire Harriers Sheffield
266	0:51:11	8546	James Cordwell	Victoria Park Harriers And To	366	0:52:45	6497	Gary Crush	City Of Norwich AC
267	0:51:12	7077	Joe Law	Holmfrith Harriers AC	367	0:52:46	8074	David Millns	Sheffield RC
268	0:51:13	6967	Brandon Dewar	Herne Hill Harriers	368	0:52:48	6532	Daniel James	Cleethorpes AC
269	0:51:14	6644	George Phillips	Doncaster AC	369	0:52:49	7920	Marlon Dunkley	Rushcliffe AC
270	0:51:17	7369	James Wootton	Liverpool Harriers and AC	370	0:52:50	8646	Benjamin Findlay	Windsor Slough Eton and Hou
271	0:51:17	6110	Craig Emmerson	Bedford and County AC	371	0:52:50	7754	Dominic Watson	Peterborough and Nene Valle
272	0:51:18	8419	Stuart Brown	Tonbridge AC	372	0:52:51	8398	Jonathan Carter	Tipton Harriers
273	0:51:18	8652	Mark Vardy	Windsor Slough Eton and Ho	373	0:52:52	6519	Luke Davis	Clapham Chasers
274	0:51:18	7768	Simon Collins	Preston Harriers	374	0:52:53	7093	Jonny Evans	Houghton Harriers and AC
275	0:51:19	7680	Harry Foster	Notts AC	375	0:52:54	7265	Isaac Scott	Lancaster and Morecambe At
276	0:51:20	8049	Hugh Torry	Serpentine RC	376	0:52:55	7615	Wayne Bell	Newham and Essex Beagles /
277	0:51:20	7174	Dame Dibaba	Kent AC	377	0:52:57	6170	Alexander Miller	Belgrave Harriers
278	0:51:21	7273	Mohamed Abshir	Leeds City AC	378	0:52:57	7919	Steve Dickens	Rushcliffe AC
279	0:51:23	8681	Jamie Ward	Wolverhampton and Bilston	379	0:52:57	7748	Kirk Brawn	Peterborough and Nene Valle
280	0:51:24	6247	Darren Michael Purvis	Birtley AC	380	0:52:58	8327	James Bartram	Thames Hare and Hounds
281	0:51:25	7898	Shaun Evans	Royal Sutton Coldfield AC	381	0:52:59	7805	David Lewis	Reading AC
282	0:51:26	7318	David Robertson	Leicester Coritanian AC	382	0:52:59	7689	Steve Long	Notts AC
283	0:51:26	8154	Rhys Gillard	Southend On Sea AC	383	0:53:01	6994	Andres Chau	Highgate Harriers
284	0:51:27	8345	Ben Reynolds	Thames Hare and Hounds	384	0:53:02	8417	Daniel Bradley	Tonbridge AC
285	0:51:28	6022	Alex Pointon	Aldershot Farnham and Distri	385	0:53:04	8362	Matthew Douthwaite	Thames Valley Harriers
286	0:51:29	7188	Tim Lawrence	Ealing Southall and Middlesex	386	0:53:05	6288	Rhys Francis	Bolton United Harriers and Ai
287	0:51:30	6437	Matthew Harris	Cambridge University Hare ar	387	0:53:07	6849	Nicholas Barber	Hallamshire Harriers Sheffield
288	0:51:30	6920	Kristian Watson	Heanor RC	388	0:53:08	6342	Peter Bains	Bristol and West AC
289	0:51:33	6801	Jonathan Palmer	Grantham RC	389	0:53:10	7301	Chris Smith	Leeds City AC
290	0:51:36	7189	Peter Lighting	Kent AC	390	0:53:12	7411	Ryan Haw	Long Eaton RC
291	0:51:42	6969	Jack Dickenson	Herne Hill Harriers	391	0:53:12	6578	Clark Roberts	Coventry Godiva Harriers
292	0:51:43	7316	Mark Powell	Leicester Coritanian AC	392	0:53:13	8309	Brian Glynn	Team Bath AC
293	0:51:44	8645	Sebastian Cirillo	Windsor Slough Eton and Ho	393	0:53:13	6962	Angus Butler	Herne Hill Harriers
294	0:51:45	8580	David Lawrence	Watford Joggers	394	0:53:14	8060	John Kourpas	Shaftesbury Barnet Harriers
295	0:51:45	7398	Francesco Melloni	London Heathside	395	0:53:15	6496	Sam Coyne	City Of Norwich AC
296	0:51:46	8550	Jonathan Scott	Victoria Park Harriers And To	396	0:53:15	6286	Robert Morris	Blyth RC
297	0:51:46	6451	Mark Coudwell	CharnwoodAC	397	0:53:15	6159	Arne Dumez	Belgrave Harriers
298	0:51:47	6012	Michael Boucher	Aldershot Farnham and Distri	398	0:53:16	8443	Dane Poore	Tonbridge AC
299	0:51:47	6402	Euan Cunningham	Cambridge and Coleridge AC	399	0:53:17	7092	Lee James Dover	Houghton Harriers and AC
300	0:51:48	7502	Graham Jones	Marshall Milton Keynes AC	400	0:53:18	6416	Rob Mahen	Cambridge and Coleridge AC

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
401	0:53:19	7018	David Shepherd	Highgate Harriers	501	0:54:40	8487	Andrew Howey	Tunbridge Wells Harriers
402	0:53:21	6527	David Taylor	Clapham Chasers	502	0:54:42	7192	Daniel Pettitt	Kent AC
403	0:53:21	7176	Ian Ellwood	Kent AC	503	0:54:43	8548	William Kirk	Victoria Park Harriers And To
404	0:53:24	8087	Kenneth Malton	Shelton Striders	504	0:54:43	7179	Calum Fraser	Kent AC
405	0:53:25	6389	Jason Brunnock	Buxton AC	505	0:54:44	6827	Peter Dear	Halesowen ACC
406	0:53:25	7975	Mark Collier	Salford Harriers and AC	506	0:54:45	6845	Josh Hall-Brown	Halifax Harriers and AC
407	0:53:27	6702	Georgie Hebdon	Elvet Striders	507	0:54:46	8465	Jeff Prest	Trafford AC
408	0:53:29	8656	John Heap	Wirral AC	508	0:54:46	7956	Ben McIntyre	Sale Harriers Manchester
409	0:53:31	7173	Barny Day	Kent AC	509	0:54:49	8683	Simon Beedell	Woodford Green AC with Ess
410	0:53:31	6621	Martin Kerr	Derby AC	510	0:54:50	8058	Oliver Greenstein	Shaftesbury Barnet Harriers
411	0:53:31	8638	Joseph Fenwick	Winchester and District AC	511	0:54:50	6599	Matt Hamilton	Dacorum and Tring AC
412	0:53:32	8159	Lee Taylor	Southend On Sea AC	512	0:54:51	7201	Thomas Thain	Kent AC
413	0:53:32	8636	George Belfield	Winchester and District AC	513	0:54:51	6491	James Thomas	Cirencester AC
414	0:53:33	6995	Tom Crowley	Highgate Harriers	514	0:54:52	7599	Matthew Basnett	Newcastle Staffs AC
415	0:53:35	6839	Richard White	Halesowen ACC	515	0:54:53	6779	Owen Parry	Gloucester AC
416	0:53:36	6041	Dave Richardson	Alnwick Harriers	516	0:54:54	8036	Lyndon Marfell	Serpentine RC
417	0:53:37	7162	Ben Taylor	Kenilworth Runners	517	0:54:56	7305	Patrick Vis	Leeds City AC
418	0:53:37	6380	Tim Spencer	Bromsgrove and Redditch	518	0:54:57	7078	Jonny McLean	Holmfirth Harriers AC
419	0:53:37	6571	Campbell Menzies	Coventry Godiva Harriers	519	0:54:58	7249	Gary Polhill	Knowle and Dorridge RC
420	0:53:38	8507	Joseph Shuttleworth	University of Nottingham AC	520	0:55:00	8551	Craig Davidson	Wakefield District H and AC
421	0:53:39	7808	Edward Stockdale	Reading AC	521	0:55:01	8688	Kevin Murphy	Woodford Green AC with Ess
422	0:53:40	8695	Harold Wyber	Woodford Green AC with Ess	522	0:55:02	7264	Mark Leadbeatter	Lancaster and Morecambe AC
423	0:53:40	8257	Christopher Jackson	Sunderland Harriers and AC	523	0:55:02	7973	Richard Brook	Salford Harriers and AC
424	0:53:41	7980	David Hudson	Salford Harriers and AC	524	0:55:03	6720	Paul Boddey	Eton Manor AC
425	0:53:41	8552	Benjamin Khan	Wakefield District H and AC	525	0:55:04	8045	Andrew Reeves	Serpentine RC
426	0:53:41	7876	Richard Harris	Rotherham Harriers And AC	526	0:55:07	8365	James Horrex	Thames Valley Harriers
427	0:53:42	6971	Andrew Grigg	Herne Hill Harriers	527	0:55:09	8242	Scott Williams	Stowmarket Striders RC
428	0:53:44	6072	Benjamin Boxer	Barnet and District AC	528	0:55:09	8143	Daniel Josephs	North Shields Harriers and AC
429	0:53:44	8692	Daniel William Steel	Woodford Green AC with Ess	529	0:55:09	6470	Oliver Bernstein	Chorton Runners
430	0:53:45	7317	Ludovic Renou	Leicester Coritanian AC	530	0:55:09	8424	Greg Cole	Tonbridge AC
431	0:53:46	6964	Simon Coombes	Herne Hill Harriers	531	0:55:10	7983	Philip Leybourne	Salford Harriers and AC
432	0:53:46	6891	Barry Smith	Havering AC	532	0:55:11	7130	Paul Wain	Ipswich Jaffa Rc
433	0:53:47	6958	Alan Barnes	Herne Hill Harriers	533	0:55:12	7105	Rod McKee	Huntingdonshire AC
434	0:53:47	7122	Daniel McKeown	Ilkley Harriers AC	534	0:55:12	6985	Oliver Walker	Herne Hill Harriers
435	0:53:48	6263	Rob Donohue	Blackheath And Bromley Harr	535	0:55:13	8238	Samuel Burdett	Stowmarket Striders RC
436	0:53:49	6287	Joseph Woods	Blyth RC	536	0:55:13	7086	Daniel Gilbert	Horwich R M I Harriers
437	0:53:50	6454	Peter Swaine	CharnwoodAC	537	0:55:14	6087	Geoffrey Beetham	Barrow Runners
438	0:53:50	6988	Russell Ashford	Highgate Harriers	538	0:55:15	6558	Andrew Boon	Coventry Godiva Harriers
439	0:53:52	8137	Gareth Parr	South London Harriers	539	0:55:15	7545	Barry Royden	Medway And Maidstone AC
440	0:53:54	8745	Gregan Clarkson	Kingston upon Hull AC	540	0:55:17	7596	Michael Robbins	Newbury AC
441	0:53:56	7609	Tim Sharman	Newcastle Staffs AC	541	0:55:18	7766	Matthew Brydon	Poplar RC
442	0:53:57	8386	Oliver Garner	The Stragglers RC	542	0:55:18	7164	Dewi Williams	Kenilworth Runners
443	0:53:59	6553	Luke Montgomery	Corby AC	543	0:55:20	6840	Andrew Yapp	Halesowen ACC
444	0:53:59	6540	John Sanderson	Clowne RR Club	544	0:55:20	7074	Clark Hind	Holmfirth Harriers AC
445	0:54:00	6935	Thomas Musson	Helpston Harriers AC	545	0:55:21	8196	Steven Anders	St Helens Sutton AC
446	0:54:01	7106	Simon Mead	Huntingdonshire AC	546	0:55:21	7534	Patrick Wright	Matlock AC
447	0:54:02	7211	Luke Myers	Kettering Town Harriers	547	0:55:22	6744	Ian McGilloway	Folkestone RC
448	0:54:02	6740	Stuart Spencer	Fitums and Friends	548	0:55:22	7945	Olivier Gallemin	Sale Harriers Manchester
449	0:54:03	8290	Ben Lines	Swindon Harriers	549	0:55:23	6163	Ben Hurley	Belgrave Harriers
450	0:54:04	6929	Ian Robinson	Heaton Harriers and AC	550	0:55:23	7029	Will Fielding	Hillingdon AC
451	0:54:04	7167	Daniel Ansell	Kent AC	551	0:55:23	8008	Andy Brown	Saltaire Striders
452	0:54:06	7773	Colin Walker	Pudsey and Bramley AC	552	0:55:26	6180	Nathan Brickman	Belper Harriers
453	0:54:06	8635	Sam Appleton	Winchester and District AC	553	0:55:28	7393	Peter Gould	London Heathside
454	0:54:07	7938	Andrew Carlin	Sale Harriers Manchester	554	0:55:29	6533	Lukask Juerk	Cleethorpes AC
455	0:54:08	7907	Seb Palmer	Rugby and Northampton AC	555	0:55:30	6368	Mark Appleton	Bromsgrove and Redditch
456	0:54:09	6682	Timothy Greenald	East Cheshire Harriers and Ta	556	0:55:31	8556	Chris Snowball	Wakefield District H and AC
457	0:54:09	7659	Stuart Lumsden	Northbrook AC	557	0:55:33	6177	David Walsh	Belgrave Harriers
458	0:54:09	8223	Ben Jones	Steel City Striders Rc	558	0:55:33	8276	Daniel Bulbrook	Sutton Runners
459	0:54:10	6296	James Ashley	Bournville Harriers	559	0:55:33	6500	Jonathan Quint	City Of Norwich AC
460	0:54:10	7771	Wesley Wilkinson	Preston Harriers	560	0:55:35	8405	Robert Meredith	Tipton Harriers
461	0:54:10	6487	Gary Scott	Chorton Runners	561	0:55:35	8096	Stephen Waters	Shrewsbury AC
462	0:54:12	7796	Peter Haarer	Ranelagh Harriers	562	0:55:36	7378	Simon Brown	London City AC
463	0:54:12	7941	Chris Donnelly	Sale Harriers Manchester	563	0:55:36	6656	Christopher Walker	Durham City Harriers and AC
464	0:54:12	7007	Danny Isaacs	Highgate Harriers	564	0:55:36	6997	Alex Davidson	Highgate Harriers
465	0:54:12	7117	Phil Sale	Ilkeston RC	565	0:55:37	8190	Edward Anders	St Albans Striders
466	0:54:14	6996	Michael Dan	Highgate Harriers	566	0:55:37	7000	Ross Dunsmore	Highgate Harriers
467	0:54:14	6601	Jamie Marlow	Dacorum and Tring AC	567	0:55:37	7438	Kevin Willsher	Lordshill RR
468	0:54:15	7657	Oliver Jones	Northbrook AC	568	0:55:37	6097	Ross Tyrrell	Beaumont RC
469	0:54:15	6623	Christopher Peach	Derby AC	569	0:55:38	7901	Barry Lloyd	Royal Sutton Coldfield AC
470	0:54:16	6169	Conall McNally	Belgrave Harriers	570	0:55:38	6716	Daniel Wolff	Epsom and Ewell Harriers
471	0:54:17	8270	David Cass	Sutton in Ashfield Harriers an	571	0:55:39	7509	Jeremy Vick	Marshall Milton Keynes AC
472	0:54:18	7286	Leon Foster	Leeds City AC	572	0:55:42	7091	Alex Docherty	Houghton Harriers and AC
473	0:54:18	7443	Stephen Magrath	Low Fell RC	573	0:55:42	8667	Gareth Briggs	Wolverhampton and Bilston
474	0:54:18	8699	Thomas Shaw	Worsop Harriers	574	0:55:43	7848	Luke Beresford	Ripley RC
475	0:54:21	7178	Cameron Forrest	Kent AC	575	0:55:47	6897	John Whitehead	Havering AC
476	0:54:22	8050	Paul Vriend	Serpentine RC	576	0:55:48	7551	Chris Rumsey	Middlesbrough and Cleveland
477	0:54:23	7271	Henry Morton	Leamington Cycling and AC	577	0:55:51	6885	Richard Darling	Hartlepool Burn Road Harrier
478	0:54:23	7198	Tomas Sloan	Kent AC	578	0:55:52	8619	Adam Stirk	Wharfedale Harriers
479	0:54:23	7390	Simon Dunderdale	London Heathside	579	0:55:52	6442	James Perrin	Cannock and Stafford AC
480	0:54:24	8291	Jason McGinley	Swindon Harriers	580	0:55:53	8305	Thomas Davies	Team Bath AC
481	0:54:24	7536	Jack Crossley	Medway And Maidstone AC	581	0:55:53	7870	Ben Burton	Rotherham Harriers And AC
482	0:54:25	6857	Sam Peters	Hallamshire Harriers Sheffield	582	0:55:55	8500	Andy Green	Tynedale Harriers and AC
483	0:54:25	8525	Jonathan Pownall	Valley Striders AC	583	0:55:57	7621	Liam O'Driscoll	Newham and Essex Beagles F
484	0:54:25	7746	Ben Taylor	Pensby Runners	584	0:55:58	6518	Martin Bell	Clapham Chasers
485	0:54:26	8581	Stephen Norris	Watford Joggers	585	0:55:58	7585	Geoffrey Gregory	Newark AC
486	0:54:26	7356	Ethan Dunn	Liverpool Harriers and AC	586	0:55:58	6961	Henry Brown	Herne Hill Harriers
487	0:54:27	7981	James Kovacs	Salford Harriers and AC	587	0:55:58	6725	James Hutchison	Eton Manor AC
488	0:54:27	7469	Andrew Hartley	Manchester Harriers and AC	588	0:55:59	8664	Joseph Bull	Woking AC
489	0:54:28	7088	Alastair Murray	Horwich R M I Harriers	589	0:55:59	8509	Sam Birch-Machin	University of Sheffield Union
490	0:54:29	7861	Robin Carter	Rolls Royce Harriers	590	0:56:00	7823	Ian Hales	Redhill RR
491	0:54:32	6717	Tom Stokes	Erewash Valley RC	591	0:56:00	8094	Jake Milovsorov	Shrewsbury AC
492	0:54:34	6714	Neil Henderson	Epsom and Ewell Harriers	592	0:56:01	6525	Gary Salmon	Clapham Chasers
493	0:54:34	6668	Jack Whitebury	Ealing Eagles RC	593	0:56:02	8338	Matthew Lynas	Thames Hare and Hounds
494	0:54:35	6032	Liam Harrold	Aldridge RC	594	0:56:05	7330	Thomas Inchley	Leighton Buzzard AC
495	0:54:35	8639	Marcus Green	Winchester and District AC	595	0:56:06	8660	Steve Spence	Wirral AC
496	0:54:35	7067	Anthony Squire	Holme Pierrepont Rc	596	0:56:07	6507	Adam O'Hara	City Of Portsmouth AC
497	0:54:36	8575	William Brotherston	Watford Joggers	597	0:56:08	6953	Robert Tuer	Hercules Wimbleton AC
498	0:54:37	7104	Darren Matthews	Huntingdonshire AC	598	0:56:08	6973	Richard Keeble	Herne Hill Harriers
499	0:54:39	7594	Philip Marshall	Newbury AC	599	0:56:09	8602	Dave Alexander	West Cheshire AC
500	0:54:40	6340	Morris Tarragano	Brighton and Hove AC	600	0:56:09	8713	Frank Fulcher	Wycombe Phoenix Harriers a

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
601	0:56:11	6559	Jason Brotherhood	Coventry Godiva Harriers	701	0:57:49	6755	Leo Gebbie	Fulham RC
602	0:56:12	8623	Jonathan Kearsley	Wigan and District H and AC	702	0:57:49	8064	Robert Rigby	Shaftesbury Barnet Harriers
603	0:56:14	7783	Sam Sutherland	Queen's Park Harriers	703	0:57:51	7553	Jorden Burke	Middleton Harriers AC
604	0:56:15	7970	Paul Bannister	Salford Harriers and AC	704	0:57:53	8613	Scott Campbell	Westbury Harriers
605	0:56:15	7529	Colin Davenport	Matlock AC	705	0:57:54	6158	William Cockerell	Belgrave Harriers
606	0:56:17	6071	Gordon Smith	Badgers	706	0:57:55	6355	Joseph Lyne	Bristol and West AC
607	0:56:19	8576	Jack Chubb	Watford Joggers	707	0:57:57	6954	Dan Booth	Hermitage Harriers
608	0:56:20	7041	Ben Harding	Hinckley RC	708	0:57:58	8025	Chris Lines	Sedgefield Harriers
609	0:56:24	7355	Daniel Corrigan	Liverpool Harriers and AC	709	0:57:58	6704	Michael Littlewood	Elvet Striders
610	0:56:25	7006	Alex Holley	Highgate Harriers	710	0:57:59	6552	Adam Eales	Corby AC
611	0:56:25	7586	Thomas Hubbard	Newark AC	711	0:58:02	6264	Josh Dowling	Blackheath And Bromley Harriers
612	0:56:27	6330	Tom Mullen	Bridlington RR	712	0:58:03	7069	Sam Williams-Duncan	Holme Pierrepont RC
613	0:56:28	7597	Ben Wickens	Newbury AC	713	0:58:03	6674	Mukhtar Farah	Ealing Southall and Middlesex
614	0:56:28	7978	Michael Heaney	Salford Harriers and AC	714	0:58:04	7405	Jake Spencer	London Heathside
615	0:56:28	7611	Andrew Walker	Newcastle Staffs AC	715	0:58:05	8215	Stephen Atkinson	Steel City Striders Rc
616	0:56:30	7002	Dave Fowler	Highgate Harriers	716	0:58:05	6556	James Bennett	Coventry Godiva Harriers
617	0:56:31	7616	Jad El-Houssami	Newham and Essex Beagles A	717	0:58:07	7906	Nick Gower	Rugby and Northampton AC
618	0:56:32	6911	Jamie Fletcher	Heanor RC	718	0:58:08	8122	Michael Bracken	Solithull and Small Heath AC
619	0:56:34	7877	Philip Hoole	Rotherham Harriers And AC	719	0:58:09	8739	Toby Hone	York Knavesmire Harriers
620	0:56:35	6824	Kraig Wright	Guildford and Godalming AC	720	0:58:09	6829	James Hoults	Halesowen ACC
621	0:56:36	8042	Tim Powell	Serpentine RC	721	0:58:09	8570	Simon Lyon	Wallsend Harriers and AC
622	0:56:37	7858	Richard Stirzaker	Rochdale Harriers and AC	722	0:58:10	6299	Tom Bunn	Bournville Harriers
623	0:56:38	6639	Mariusz Felczerek	Doncaster AC	723	0:58:11	7100	Steven Church	Huntingdonshire AC
624	0:56:39	6483	Ben McCormack	Chorlton Runners	724	0:58:11	6005	Aric Klukowski	Abingdon AC
625	0:56:41	7636	Daniel Teasel	North Derbyshire RC	725	0:58:12	6191	Joel Paisley	Belper Harriers
626	0:56:41	7582	Damian Davies	Newark AC	726	0:58:14	6391	David Fryer-Winder	Buxton AC
627	0:56:42	7931	Mike Ashby	Sale Harriers Manchester	727	0:58:14	8278	Damien Hersey	Sutton Runners
628	0:56:42	7229	Kevin Doyle	Kimberworth Striders	728	0:58:15	6031	Robert Wakefield	Aldershot Farnham and District
629	0:56:43	6093	Philip Chritchlow	Beaumont RC	729	0:58:15	6241	Simon Lanckham	Birmingham Running Athletic
630	0:56:43	8735	Gareth Green	York Knavesmire Harriers	730	0:58:17	7892	Steffen Kludt	Roundhay Runners
631	0:56:44	8204	David Twigg	St Helens Sutton AC	731	0:58:19	8497	David Moir	Tyne Bridge Harriers
632	0:56:46	8031	Drew Hoare	Serpentine RC	732	0:58:21	6844	Michael Gaughan	Halifax Harriers and AC
633	0:56:47	7031	Paul Leppard	Hillingdon AC	733	0:58:24	6640	Martin James	Doncaster AC
634	0:56:49	7232	Neil Groucutt	Kimberworth Striders	734	0:58:25	7175	Michael Duncan	Kent AC
635	0:56:51	8403	Dean Hill	Tipton Harriers	735	0:58:28	7470	Alex Masidlover	Manchester Harriers and AC
636	0:56:52	7854	Daniel Bennett	Rochdale Harriers and AC	736	0:58:30	7883	Ross Blackburn	Rothwell Harriers and AC
637	0:56:53	7144	Carl Hanagan	Kendal Amateur AC	737	0:58:32	6761	Andrew Stringer	Fulham RC
638	0:56:54	6915	Christopher Patterson	Heanor RC	738	0:58:32	8370	Andrew Mitchell	Thames Valley Harriers
639	0:56:54	6200	Simon Wells	Bexley AC	739	0:58:33	7368	Ryan Whiston	Liverpool Harriers and AC
640	0:56:56	7965	Tom Stephenson	Sale Harriers Manchester	740	0:58:33	6489	Daniel Vasey	Chorlton Runners
641	0:56:56	6604	Rhys Rowlands	Dacorum and Tring AC	741	0:58:35	7253	Torsten Roesler	Knowle and Dorridge RC
642	0:56:57	7928	Marc Scott	Rushcliffe AC	742	0:58:35	7747	Jay Belham	Peterborough and Nene Valley
643	0:56:57	7532	John Thorpe	Matlock AC	743	0:58:35	6374	Andrew Freeman	Bromsgrove and Redditch
644	0:56:57	6414	Brian Jr Kotelo	Cambridge and Coleridge AC	744	0:58:36	7115	Mark Outram	Ilkeston RC
645	0:56:58	7177	Jake English	Kent AC	745	0:58:36	8156	Alec Louis Kyriakides	Southend On Sea AC
646	0:56:59	7406	Paul Alcock	Long Eaton RC	746	0:58:37	7208	Rafal Buzuk	Kettering Town Harriers
647	0:57:00	7875	Chris Griffiths	Rotherham Harriers And AC	747	0:58:37	8311	Chris Milbourne	Team Bath AC
648	0:57:02	7902	Chris Taylor	Royal Sutton Coldfield AC	748	0:58:38	8271	Dean Cross	Sutton in Ashfield Harriers and AC
649	0:57:02	7389	Matt Collins	London Heathside	749	0:58:39	7311	Andrew Hart	Leicester Coritanian AC
650	0:57:04	8565	Ian-james Elder	Wallsend Harriers and AC	750	0:58:39	7964	Matthew Spragg	Sale Harriers Manchester
651	0:57:05	6828	Mark Hadley	Halesowen ACC	751	0:58:41	7966	Chris Tait	Sale Harriers Manchester
652	0:57:06	6164	Ben Ireland	Belgrave Harriers	752	0:58:42	7011	Adam Lennox	Highgate Harriers
653	0:57:06	6394	Christopher Rushworth	Buxton AC	753	0:58:42	7064	Chris Rhodes	Holme Pierrepont RC
654	0:57:07	8590	Andrew Harling	Wesham RR and AC	754	0:58:42	8011	Martin Fillingham	Saltaire Striders
655	0:57:08	7258	Nick Woolley	Knowle and Dorridge RC	755	0:58:42	8295	Matthew Woodward	Swindon Harriers
656	0:57:08	6754	Rory Freeman	Fulham RC	756	0:58:43	7516	Dean Clarke	Massey Ferguson RC
657	0:57:11	6689	Darren Smith	East Cheshire Harriers and Ta	757	0:58:45	8167	Richard Spear	Spa Striders
658	0:57:12	8501	Will Lloyd	Tynedale Harriers and AC	758	0:58:46	6069	Chris Suter	Avon Valley Runners
659	0:57:12	7661	Andrew McConville	Northbrook AC	759	0:58:46	6196	Lewis Holloway	Beverley AC
660	0:57:12	6818	Lee Lintern	Guildford and Godalming AC	760	0:58:48	6866	Tom Ranger	Harborough AC
661	0:57:13	7626	Oliver Daykin	Newmarket Joggers	761	0:58:50	6238	Ben Beaumont	Birmingham Running Athletic
662	0:57:14	6512	Giles Chalk	City of York AC	762	0:58:51	6712	Simon Bean	Epsom and Ewell Harriers
663	0:57:15	6546	Bryan Lomas	Congleton Harriers	763	0:58:51	7244	David Carbutt	Knowle and Dorridge RC
664	0:57:17	6331	Josh Taylor	Bridlington RR	764	0:58:52	7643	Sean Maley	North Shields Polytechnic Club
665	0:57:17	6697	Joseph Gunn	East London Runners	765	0:58:53	8077	James Thompson	Sheffield RC
666	0:57:18	6658	John Foxall	Ealing Eagles RC	766	0:58:53	7590	Simon Roberts	Newark AC
667	0:57:18	7972	Matthew Brocklehurst	Salford Harriers and AC	767	0:58:54	8726	David Houghton	Wyomondham AC
668	0:57:19	6369	Peter Ball	Bromsgrove and Redditch	768	0:58:54	6227	Rob Harris	Birchfield Harriers
669	0:57:19	7090	Marcus Taylor	Horwich R M I Harriers	769	0:58:55	7066	Andrew Soley	Holme Pierrepont RC
670	0:57:19	7148	Joe Todd	Kendal Amateur AC	770	0:58:58	6427	Paul Veitch	Cambridge and Coleridge AC
671	0:57:20	8000	Ben Farryell	Salford Metropolitan AC	771	0:58:58	8123	Adam Cole	Solithull and Small Heath AC
672	0:57:21	8544	Bob Templeman	Vegan Runners UK	772	0:59:01	8676	Garry Palmer	Wolverhampton and Bilston
673	0:57:21	6646	James Burrows	Dulwich Runners AC	773	0:59:02	6660	Jose Manuel Pabon	Ealing Eagles RC
674	0:57:22	7048	Richard Baldwin	Holme Pierrepont Rc	774	0:59:02	8014	Iain Armstrong	Saltwell Harriers
675	0:57:22	7944	Tom Fordyce	Sale Harriers Manchester	775	0:59:03	6612	Daniel Jackson	Dartford Harriers AC
676	0:57:22	6647	Matthew Cooke	Dulwich Runners AC	776	0:59:04	7003	David Gilbert	Highgate Harriers
677	0:57:23	8245	Tim Hutchinson	Stratford Upon Avon AC	777	0:59:04	8168	Keith Wilson	Spa Striders
678	0:57:25	8332	Edmund Gazeley	Thames Hare and Hounds	778	0:59:04	7818	Mark Davis	Redhill RR
679	0:57:28	6521	Niall Gilchrist	Clapham Chasers	779	0:59:05	8724	Steven Flowers	Wye Valley Runners
680	0:57:28	7454	Robert Hasler	Macclesfield Harriers and AC	780	0:59:06	7943	Rob Fairbanks	Sale Harriers Manchester
681	0:57:29	7730	David Wilson	Orion Harriers	781	0:59:06	8020	Gary Crompton	Scunthorpe and District AC
682	0:57:29	6892	James Stewart	Havering AC	782	0:59:07	8089	Chris Wilshaw	Shelton Striders
683	0:57:30	7450	Allen Bunyan	Macclesfield Harriers and AC	783	0:59:08	8642	Andy Parkinson	Winchester and District AC
684	0:57:32	8670	Luke Carpenter	Wolverhampton and Bilston	784	0:59:09	8678	Richard Preston	Wolverhampton and Bilston
685	0:57:32	6957	Ian Murdey	Hermitage Harriers	785	0:59:10	8622	John Heyes	Wigan and District H and AC
686	0:57:32	7322	Phillip Williams	Leigh Harriers and AC	786	0:59:11	8657	Mark Hulmston	Wirral AC
687	0:57:34	8318	Dean Gapper	Telford AC	787	0:59:12	6265	Greg Firth	Blackheath And Bromley Harriers
688	0:57:36	7780	John Gilchrist	Queen's Park Harriers	788	0:59:13	7543	Alun Rodgers	Medway And Maidstone AC
689	0:57:38	6722	Simon Cottle	Eton Manor AC	789	0:59:14	8272	Darren Greasley	Sutton in Ashfield Harriers and AC
690	0:57:40	7348	Thomas Seller	Lingfield RC	790	0:59:16	7388	Joseph Clemoes	London Heathside
691	0:57:41	6271	Fintan Parkinson	Blackheath And Bromley Harriers	791	0:59:16	6940	Stuart Fraser	Hercules Wimbledon AC
692	0:57:41	6198	Stephen Walker	Beverley AC	792	0:59:17	7577	Timothy Bagguley	Newark AC
693	0:57:42	6492	Aaron Willis	Cirencester AC	793	0:59:18	8233	James Corden	Stockport Harriers and AC
694	0:57:43	8524	Gary Mann	Valley Striders AC	794	0:59:19	6038	Adam Smith	Aldridge RC
695	0:57:45	6730	Dylan Williams	Eton Manor AC	795	0:59:20	7248	Robert Mundy	Knowle and Dorridge RC
696	0:57:45	8289	Simon Jell	Swindon Harriers	796	0:59:20	8246	John Raby	Stratford Upon Avon AC
697	0:57:46	7755	Tom Wright	Peterborough and Nene Valley	797	0:59:20	8585	Henry Elston	Waverley Harriers
698	0:57:47	7583	Grant Davies	Newark AC	798	0:59:21	6916	Robert Plant	Heanor RC
699	0:57:47	7138	Jonathan Gilroy	Jarrow and Hebburn AC	799	0:59:22	8313	Benjamin Crane	Team Derby Runner
700	0:57:48	6998	Patrick Davis	Highgate Harriers	800	0:59:23	7603	Martyn Davies	Newcastle Staffs AC

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
801	0:59:26	6904	Richard Skilbeck	Headington RR	901	1:00:45	7606	Neil Gerrity	Newcastle Staffs AC
802	0:59:26	7424	Neil Catchlove	Lordshill RR	902	1:00:46	8069	Robert Addenbrooke	Sheffield RC
803	0:59:26	8736	Giles Hawking	York Knavesmire Harriers	903	1:00:46	8564	James Duthie	Wallsend Harriers and AC
804	0:59:27	6757	Andrew Han	Fulham RC	904	1:00:47	8442	Mark Pitcairn-Knowles	Tonbridge AC
805	0:59:27	8454	Joseph Watts	Tonbridge AC	905	1:00:48	7139	Ian Salkeld	Jarrow and Hebburn AC
806	0:59:30	6871	Steve Bowran	Harpenden Arrows	906	1:00:50	6698	Simon Allen	Elswich Harriers
807	0:59:32	6908	Lee D'Arcy	Heanor RC	907	1:00:50	7267	Craig Bower	Leamington Cycling and AC
808	0:59:32	7037	Dominic Speight	Hillingdon AC	908	1:00:52	7108	Carl Rooney	Huntingdonshire AC
809	0:59:33	6670	Sam Ashcroft	Ealing Southall and Middlese	909	1:00:55	6040	Alexander Crombie	Alnwick Harriers
810	0:59:34	7319	Allister Goulding	Leigh Harriers and AC	910	1:00:56	8018	Jim Thompson	Saltwell Harriers
811	0:59:37	8010	Stuart Dunbar	Saltaire Striders	911	1:00:57	8085	Matt Reed	Sheffield Tri Club
812	0:59:39	7055	Matthew Grainge	Holme Pierrepont Rc	912	1:00:59	7815	Benjamin Abbott	Redhill RR
813	0:59:40	7247	Daniel Malone	Knowle and Dorridge RC	913	1:01:00	6817	Kit Hawtin	Guildford and Godalming AC
814	0:59:41	8434	Jack Keywood	Tonbridge AC	914	1:01:00	7197	Khawaja Shahabuddin	Kent AC
815	0:59:42	8093	John Jones	Shrewsbury AC	915	1:01:01	7242	Paul Baker	Knowle and Dorridge RC
816	0:59:43	8680	Daniel Vaughan	Wolverhampton and Bilston	916	1:01:02	7377	William Bradley	London City AC
817	0:59:43	7028	Scott Farley	Hillingdon AC	917	1:01:02	6922	Lewis Whiting	Heanor RC
818	0:59:45	8612	Alistair Blackwood	Westbury Harriers	918	1:01:04	8654	Richard Bargh	Wirtual AC
819	0:59:45	7399	Paul Mercer	London Heathside	919	1:01:05	6568	Thomas Law	Coventry Godiva Harriers
820	0:59:46	7462	Alex Wright	Macclesfield Harriers and AC	920	1:01:07	7762	Colin Somers	Poole Runners
821	0:59:47	8659	Nestor Salazar Vallejo	Wirral AC	921	1:01:10	7070	Christopher Beadle	Holmfirth Harriers AC
822	0:59:48	6317	Jamie Ashton	Bracknell AC	922	1:01:11	6134	Joseph J Gallagher	Beeston AC
823	0:59:49	8023	Christopher Payne	Scunthorpe and District AC	923	1:01:11	8493	Tom Crossley	Tyne Bridge Harriers
824	0:59:49	8604	Andrew Clague	West Cheshire AC	924	1:01:13	6805	John Cox	Great Western Runners
825	0:59:49	7682	Sam Godwin	Notts AC	925	1:01:13	6449	Chris Fall	Chapel Allerton Runners
826	0:59:49	7911	Jonathan Taylor	Rugby and Northampton AC	926	1:01:15	7327	Nick Clay	Leighton Buzzard AC
827	0:59:50	7476	Roger Thomas	Manchester Tri Club	927	1:01:16	7985	Jack Luscombe	Salford Harriers and AC
828	0:59:50	8158	Matthew Randall	Southend On Sea AC	928	1:01:17	7255	James Taylor	Knowle and Dorridge RC
829	0:59:50	8286	Simon Dill	Swindon Harriers	929	1:01:18	8494	Matt Davison	Tyne Bridge Harriers
830	0:59:51	7926	Niall McNamara	Rushcliffe AC	930	1:01:20	8070	Aaron Francis	Sheffield RC
831	0:59:52	6707	Richard Hill	Ely Runners	931	1:01:21	6812	Robin Boon	Guildford and Godalming AC
832	0:59:52	6868	Daniel Taylor	Harborough AC	932	1:01:25	7537	Adam Featherstone	Medway And Maidstone AC
833	0:59:54	8264	Paul Redman	Sunderland Harriers and AC	933	1:01:25	6053	Andrew Noble	Ashford and District RRC
834	0:59:57	6963	Trevor Chilton	Herne Hill Harriers	934	1:01:26	8256	Darren Fletcher	Sunderland Harriers and AC
835	0:59:57	7927	Graham Moffatt	Rushcliffe AC	935	1:01:26	6143	Mike Kirk	Beeston AC
836	0:59:58	6138	Phil Herd	Beeston AC	936	1:01:27	8214	Ben Williams	Staffs Moorlands AC
837	0:59:59	7373	Kyle Nicholls	Liverpool Pembroke and Seft	937	1:01:27	7194	Christopher Quaid	Kent AC
838	0:59:59	7505	Stephen Ratcliffe	Marshall Milton Keynes AC	938	1:01:27	8080	Ben Wilkinson	Sheffield RC
839	0:59:59	7190	Arif Merali	Kent AC	939	1:01:28	6494	Ollie Watson	City of Hull AC
840	1:00:00	7126	Adam McKenna	Invicta East Kent AC	940	1:01:30	7161	Harry Purewal	Kenilworth Runners
841	1:00:01	7046	Mark Waldon	Holland Sports AC	941	1:01:31	8731	Danny Chan	York Knavesmire Harriers
842	1:00:03	6128	Tom Brunt	Beeston AC	942	1:01:32	7209	Edward Cannell	Kettering Town Harriers
843	1:00:04	6543	Peter Twigg	Clowne RR Club	943	1:01:32	8541	Dylan Rickerby	Vegan Runners UK
844	1:00:05	6833	Bill Nock	Halesowen ACC	944	1:01:32	7828	Martin Lee	Redhill RR
845	1:00:05	7200	Ron Taylor	Kent AC	945	1:01:33	6060	Michael Pearson	Askern District RC
846	1:00:06	6830	David Lewis	Halesowen ACC	946	1:01:34	8048	Ben Stanton	Serpentine RC
847	1:00:06	7671	Martin Horlock	Norwich RR	947	1:01:34	6841	Ryan Barker	Halifax Harriers and AC
848	1:00:07	7934	Paul Barrett	Sale Harriers Manchester	948	1:01:35	6906	Daniel Bladon	Heanor RC
849	1:00:07	7460	Brian Whitlock	Macclesfield Harriers and AC	949	1:01:35	7566	Jason Dawson	Morpeth Harriers and AC
850	1:00:08	8708	Stephen Gill	Wrekin RR	950	1:01:36	6750	Paul Barnes	Fulham RC
851	1:00:09	7814	Lance Nortcliff	Reading Roadrunners	951	1:01:37	7081	Jonathan Sykes	Holmfirth Harriers AC
852	1:00:09	7987	David Milliken	Salford Harriers and AC	952	1:01:38	7236	Nicholas Oram	Kings Heath RC - The Lions
853	1:00:09	8725	Peter Nugent	Wye Valley Runners	953	1:01:40	7415	Mark Lay	Long Eaton RC
854	1:00:10	7891	Richard Drake	Roundhay Runners	954	1:01:40	8644	David Vossier	Winchester and District AC
855	1:00:10	8132	David Fox	South London Harriers	955	1:01:41	7832	Simon Nash	Redhill RR
856	1:00:10	6789	Neil Ramsay	Gosforth Harriers and AC	956	1:01:41	6887	Martin Chester	Havering AC
857	1:00:11	8675	David Norman	Wolverhampton and Bilston	957	1:01:41	6713	Stuart Flack	Epsons and Ewell Harriers
858	1:00:11	6669	Akira Anzai-Jackson	Ealing Southall and Middlese	958	1:01:42	7284	Martin Farran	Leeds City AC
859	1:00:13	6148	David Nelson	Beeston AC	959	1:01:42	6759	Robert Poore	Fulham RC
860	1:00:14	6484	Paul Molloy	Chorlton Runners	960	1:01:42	7787	Craig Norman	Radcliffe AC
861	1:00:14	6822	Mark Tennyson	Guildford and Godalming AC	961	1:01:43	7395	Nick Haward	London Heathside
862	1:00:15	8051	Philip Whitehouse	Serpentine RC	962	1:01:43	8310	Tim Hill	Team Bath AC
863	1:00:17	6314	Jonathan Stanforth	Bournville Harriers	963	1:01:43	8361	Manuel Da Silva	Thames Valley Harriers
864	1:00:17	6125	Simon Barnes	Beeston AC	964	1:01:44	6762	Ben Thornton	Fulham RC
865	1:00:18	6976	Duane Matthews	Herne Hill Harriers	965	1:01:44	8369	James Malcolm	Thames Valley Harriers
866	1:00:19	6776	Steven Haines	Gloucester AC	966	1:01:45	8287	Edward Hall	Swindon Harriers
867	1:00:19	7433	Andrew Proctor	Lordshill RR	967	1:01:45	8626	Stuart Towns	Wigan and District H and AC
868	1:00:19	7116	James Read	Ilkeston RC	968	1:01:46	8677	Benjamin Pilsbury	Wolverhampton and Bilston
869	1:00:20	7475	Tim Johns	Manchester Tri Club	969	1:01:48	8349	Rory Spicer	Thames Hare and Hounds
870	1:00:21	7798	James Ritchie	Ranelagh Harriers	970	1:01:51	7669	Mark Garrett	Norwich RR
871	1:00:22	7324	Matthew Brooks	Leighton Buzzard AC	971	1:01:51	6648	Des Crinion	Dulwich Runners AC
872	1:00:22	8218	Richard Carter	Steel City Striders Rc	972	1:01:53	8269	Nick Burnside	Sutton in Ashfield Harriers an
873	1:00:23	6632	Oliver Meek	Derwent Runners (derby)	973	1:01:54	8421	Alan Buckle	Tonbridge AC
874	1:00:23	8039	Jonathan Moscrop	Serpentine RC	974	1:01:55	8460	Steve Weeks	Torbay AAC
875	1:00:23	6582	Mark Sykes	Coventry Godiva Harriers	975	1:01:56	6280	John Wright	Blackpool Wyre and Fylde AC
876	1:00:25	6894	Steve Walker	Havering AC	976	1:01:58	8067	James Trapmore	Shaftesbury Barnet Harriers
877	1:00:25	7256	Gregory Turner	Knowle and Dorridge RC	977	1:01:58	7650	Rory Anderson	Northbrook AC
878	1:00:25	8432	Tom Holden	Tonbridge AC	978	1:01:59	7315	David Pearce	Leicester Coritanian AC
879	1:00:26	8430	Simon Fraser	Tonbridge AC	979	1:02:00	6672	Robert Brown	Ealing Southall and Middlese
880	1:00:26	7195	Leonard Reilly	Kent AC	980	1:02:00	8572	Colin Russell	Wallsend Harriers and AC
881	1:00:27	7724	Daniel Timperley	Oldham and Royton H and AC	981	1:02:02	6659	Thomas Irving	Ealing Eagles RC
882	1:00:28	7045	Aziouz Lammali	Holland Sports AC	982	1:02:02	6886	Gary Atkins	Havering AC
883	1:00:28	6377	Kevin Lanckham	Bromsgrove and Redditch	983	1:02:03	8012	Steven Fowler	Saltaire Striders
884	1:00:29	8482	Nigel Bunn	Tring RC	984	1:02:04	8637	Robert Carter	Winchester and District AC
885	1:00:30	7610	Jerome Stevens	Newcastle Staffs AC	985	1:02:04	8178	Mark Pearce	Sparkhill Harriers
886	1:00:30	8262	Graeme Pullan	Sunderland Harriers and AC	986	1:02:10	6975	Ben Lidgard	Herne Hill Harriers
887	1:00:30	6057	Duncan Marlow	Askern District RC	987	1:02:11	6708	Stephen Howard	Ely Runners
888	1:00:31	8533	Daniel Harker	Vegan Runners UK	988	1:02:13	6054	Thomas Preece	Ashford and District RRC
889	1:00:33	8586	Jeff Lucas	Werrington Joggers	989	1:02:14	6185	Tim Holling	Belper Harriers
890	1:00:34	7085	Chris Essex-Crosby	Horwich R M I Harriers	990	1:02:15	8698	Marcin Kus	Workshop Harriers
891	1:00:35	6809	Wride Jack	Great Western Runners	991	1:02:17	7416	Paul Lewis	Long Eaton RC
892	1:00:36	8621	Mike Harris	Wigan and District H and AC	992	1:02:17	8084	Pete Osborne	Sheffield Tri Club
893	1:00:37	7560	Louis Rawlings	Milton Keynes Distance Proje	993	1:02:18	6466	Jim Garland	Chichester Runners and AC
894	1:00:38	6274	Jonathan Vintner	Blackheath And Bromley Harr	994	1:02:22	6186	David Horton	Belper Harriers
895	1:00:38	6859	Robert Wapshott	Hallamshire Harriers Sheffield	995	1:02:23	6865	Dan Perrin	Harborough AC
896	1:00:39	6835	Christopher Royal	Halesowen ACC	996	1:02:24	6903	Neil Pinnell	Headington RR
897	1:00:39	8213	Isaac Elkington	Staffs Moorlands AC	997	1:02:26	7913	Robert Humphries	Rugeley Runners
898	1:00:40	7649	Paul McGough	New York Moors AC	998	1:02:26	6804	Matthew Williamson	Grantham RC
899	1:00:42	7021	Rob Walker	Highgate Harriers	999	1:02:28	8609	Benjamin Collison	West Norfolk AC
900	1:00:43	7412	Richard Howe	Long Eaton RC	1000	1:02:28	7490	Andrew Fox	Manx Harriers

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1001	1:02:29	7905	Vincent Carroll	Rugby and Northampton AC	1101	1:04:11	6683	James Hartshorne	East Cheshire Harriers and Ta
1002	1:02:32	8091	Kevin Francis	Shrewsbury AC	1102	1:04:12	7237	Michael Tomkins	Kings Heath RC - The Lions
1003	1:02:32	8273	Nicholas Luke	Sutton In Ashfield Harriers an	1103	1:04:13	7231	Gavin Edley	Kimberworth Striders
1004	1:02:32	6515	Ed Mezzetti	City of York AC	1104	1:04:13	8746	Colin Bailey	Kenilworth Runners
1005	1:02:33	6979	Keith Newton	Herne Hill Harriers	1105	1:04:13	6517	Michael Raynes	City of York AC
1006	1:02:33	7427	Alan Graham	Lordshill RR	1106	1:04:14	6846	Michael King	Hilifax Harriers and AC
1007	1:02:33	8239	Tim Larke	Stowmarket Striders RC	1107	1:04:15	8180	Paul Webster	Sparkhill Harriers
1008	1:02:34	7436	Mark West	Lordshill RR	1108	1:04:17	7341	Sam Shuttleworth	Lincoln Wellington AC
1009	1:02:34	7137	Nick Rowles	Ivanhoe Runners	1109	1:04:17	8663	Leo Cole	Witham Rc
1010	1:02:35	6721	David Cato	Eton Manor AC	1110	1:04:18	6729	Graham White	Eton Manor AC
1011	1:02:36	6864	Jamie McAllister	Harborough AC	1111	1:04:18	7918	Morgan Alexander	Rushcliffe AC
1012	1:02:37	6037	Mark Shaw	Aldridge RC	1112	1:04:19	6068	Tim Lowrie	Avon Valley Runners
1013	1:02:38	7345	Justin Williams	Lincoln Wellington AC	1113	1:04:19	8188	Paul Broome	Springfield Striders RC
1014	1:02:38	8476	Ian Heath	Trentham RC	1114	1:04:20	7061	David Laws	Holme Pierrepont Rc
1015	1:02:39	6912	Carl Hughes	Heanor RC	1115	1:04:21	8163	Richard Talbot	Southport Waterloo AC
1016	1:02:41	7428	David Hunt	Lordshill RR	1116	1:04:23	7925	Danny McIntyre	Rushcliffe AC
1017	1:02:41	7386	Julian Williams	London Frontrunners	1117	1:04:23	6610	Kevin Wilson	Darlington H and AC
1018	1:02:41	7897	Alex Blackham	Royal Sutton Coldfield AC	1118	1:04:24	6825	Matthew Allen	Halesowen ACC
1019	1:02:43	8743	Richard Tarrega	York Knavesmire Harriers	1119	1:04:24	8203	Ian Roberts	St Helens Sutton AC
1020	1:02:43	6172	Robert Norville	Belgrave Harriers	1120	1:04:26	6144	Michael Lyons	Beeston AC
1021	1:02:43	8722	Scott Wixon-Nelson	Wycombe Phoenix Harriers a	1121	1:04:27	8387	Alastair Hall	The Stragglers RC
1022	1:02:44	6600	Ben Kenny	Dacorum and Tring AC	1122	1:04:28	6139	Tim Hills	Beeston AC
1023	1:02:48	7246	Darren John	Knowle and Dorridge RC	1123	1:04:29	7675	Paul Sullivan	Norwich RR
1024	1:02:49	6370	Scott Beverley	Bromsgrove and Redditch	1124	1:04:30	7737	Richard MacKie	Penistone Footpath Runners
1025	1:02:50	8017	Kevin Reynolds	Saltwell Harriers	1125	1:04:31	6285	Craig Harmon	Blyth RC
1026	1:02:50	7431	Mathew Pidgeon	Lordshill RR	1126	1:04:33	7727	Alex Elferink	Orion Harriers
1027	1:02:52	8294	Ian Spencer	Swindon Harriers	1127	1:04:34	6663	Kieran Santry	Ealing Eagles RC
1028	1:02:53	8099	James Darcy	Silson AC	1128	1:04:36	6832	Alex Morgan	Halesowen ACC
1029	1:02:54	8625	Stephen Nicholls	Wigan and District H and AC	1129	1:04:39	7332	Warren Rose	Leighton Buzzard AC
1030	1:02:57	7549	Keith Bindoff	Middlesbrough and Clevelanc	1130	1:04:39	8567	Adam Hamilton	Wallsend Harriers and AC
1031	1:02:59	7788	Chris Paxton	Radcliffe AC	1131	1:04:40	8390	Gareth Pritchard	The Stragglers RC
1032	1:02:59	6927	Peter Jobes	Heaton Harriers and AC	1132	1:04:41	7998	Luke Wordsworth	Salford Harriers and AC
1033	1:03:00	6376	Matthew Henney	Bromsgrove and Redditch	1133	1:04:43	8499	Lewis Balfour	Tynedale Harriers and AC
1034	1:03:01	7922	David Gandee	Rushcliffe AC	1134	1:04:44	7207	Ross Brown	Kettering Town Harriers
1035	1:03:01	7637	Tom Topham	North Derbyshire RC	1135	1:04:46	8120	Jonathan Harrison	Sleaford Striders AC
1036	1:03:03	8624	Mark Morgan-Hillam	Wigan and District H and AC	1136	1:04:48	8240	Richard Leeder	Stowmarket Striders RC
1037	1:03:05	6719	Ian Mant	Erme Valley Harriers	1137	1:04:49	8459	Anthony Raine	Torbay AAC
1038	1:03:06	7851	Matt Jones	Ripley RC	1138	1:04:49	6001	James Roden	Abbey Runners
1039	1:03:06	8250	Andy Perks	Striders Of Croydon	1139	1:04:50	7408	Richard Cliff	Long Eaton RC
1040	1:03:07	7770	Chris Wales	Preston Harriers	1140	1:04:51	6907	Ryan Blake	Heanor RC
1041	1:03:08	8737	Rory Henderson	York Knavesmire Harriers	1141	1:04:54	8402	Zabie Hassan	Tipton Harriers
1042	1:03:10	6651	Ross Rook	Dulwich Runners AC	1142	1:04:55	8003	Richard Knight	Salford Metropolitan AC
1043	1:03:11	6089	Rod McGowan	Barrow Runners	1143	1:04:56	7838	Michael Stephenson	Redhill RR
1044	1:03:12	8198	Chris Birkett	St Helens Sutton AC	1144	1:04:56	7645	Darren Peter Suleman	North Shields Polytechnic Clu
1045	1:03:12	6834	James Parker	Halesowen ACC	1145	1:04:56	8542	Sean Sackfield	Vegan Runners UK
1046	1:03:14	7665	Paul Robbins	Northbrook AC	1146	1:04:57	6743	Liam Cumber	Folkestone RC
1047	1:03:15	6150	Geoff Pennington	Beeston AC	1147	1:04:58	8241	Ross Wilcox	Stowmarket Striders RC
1048	1:03:15	6633	Matthew Parker	Derwent Runners (derby)	1148	1:04:58	7847	Liam Fletcher	Richmond and Zetland Harrie
1049	1:03:16	6902	Andy Phelps	Headington RR	1149	1:05:00	7533	Peter Wilmot	Matlock AC
1050	1:03:17	6419	Chris Molloy	Cambridge and Coleridge AC	1150	1:05:01	8462	Jacob Fletcher	Trafford AC
1051	1:03:17	8098	Matthew Wooden	Shrewsbury AC	1151	1:05:02	8009	Lee Casson	Saltaire Striders
1052	1:03:18	7764	Jim Windebank	Poole Runners	1152	1:05:03	7863	Jon Kinder	Rolls Royce Harriers
1053	1:03:19	8181	Ian Wilson	Spenborough and Dist AC	1153	1:05:05	7908	Nigel Roberts	Rugby and Northampton AC
1054	1:03:21	6051	Scott Lynch	Ashford and District RRC	1154	1:05:05	7225	Dave Taylor	Kimberley and District Strider
1055	1:03:21	7238	Chris Wall	Kings Heath RC - The Lions	1155	1:05:06	8101	Toby Heley	Silson AC
1056	1:03:22	6732	Gary Atkinson	Evenwood RR	1156	1:05:07	6063	Tom Edwards	Avon Valley Runners
1057	1:03:23	6399	John McCawley	Camberley and District AC	1157	1:05:10	7165	Nicholas Williams	Kenilworth Runners
1058	1:03:25	6214	David Potter	Bingley Harriers and AC	1158	1:05:12	7721	Chris Talbot	Nuneaton Harriers
1059	1:03:25	7230	Colin Earl	Kimberworth Striders	1159	1:05:12	8222	Chris Guy	Steel City Striders Rc
1060	1:03:26	8145	Miles Weston	South Shields Harriers and AC	1160	1:05:12	7842	Simon Foster	Retford AC
1061	1:03:27	7555	Conrad Watson	Midland Masters AC	1161	1:05:15	6432	Graham Maynard	Cambridge Harriers
1062	1:03:27	8738	Darren Hendley	York Knavesmire Harriers	1162	1:05:16	7600	Andrew Brownsword	Newcastle Staffs AC
1063	1:03:29	6913	Liam Johnson	Heanor RC	1163	1:05:16	7776	Dunn Lee	Quays RC
1064	1:03:29	7221	Micheal Perry	Kimberley and District Strider	1164	1:05:17	8191	Colin Braybrook	St Albans Striders
1065	1:03:31	6273	Chris Tuck	Blackheath And Bromley Harr	1165	1:05:19	8140	Stuart Searle	South London Harriers
1066	1:03:31	7051	Steven Eatherington	Holme Pierrepont Rc	1166	1:05:19	6764	Douglas Wood	Fulham RC
1067	1:03:32	7578	Carl Braithwaite	Newark AC	1167	1:05:21	8197	John Appleton	St Helens Sutton AC
1068	1:03:33	7414	Ian Lambert	Long Eaton RC	1168	1:05:21	7243	Paul Bentley	Knowle and Dorridge RC
1069	1:03:34	7598	Martin Bailey	Newcastle Staffs AC	1169	1:05:26	6035	O'Rouke Mark	Aldridge RC
1070	1:03:34	6638	Adam Cotterill	Doncaster AC	1170	1:05:27	7655	Matthew Hathrell	Northbrook AC
1071	1:03:35	8574	Daniel Newman	Warrington AC	1171	1:05:27	8088	Richard Tissington	Shelton Striders
1072	1:03:36	7426	Graham Evans	Lordshill RR	1172	1:05:28	6375	Dean Hartshorne	Bromsgrove and Redditch
1073	1:03:39	7923	Paul Hendrick	Rushcliffe AC	1173	1:05:31	8662	Nick Wilson	Wirral AC
1074	1:03:40	8249	Seth Turner	Stratford Upon Avon AC	1174	1:05:32	7120	Stephen Coy	Ilkley Harriers AC
1075	1:03:41	8416	Tobin Bird	Northbridge AC	1175	1:05:33	6298	Stewart Bond	Bournville Harriers
1076	1:03:42	8697	Bryan Cherry	Worksop Harriers	1176	1:05:34	6782	Stephen Boddy	Gosforth Harriers and AC
1077	1:03:42	6931	Les Smith	Heaton Harriers and AC	1177	1:05:34	7885	Hadrian Knight	Rothwell Harriers and AC
1078	1:03:43	8280	Simon Thornhill	Sutton Runners	1178	1:05:34	7666	Craig Slyde	Northbrook AC
1079	1:03:44	7678	Michael Benford	Notts AC	1179	1:05:34	6630	Chris Ingram	Derwent Runners (derby)
1080	1:03:45	8243	Malcolm Bowyer	Stratford Upon Avon AC	1180	1:05:35	8007	Daniel Sate	Salford Metropolitan AC
1081	1:03:48	7833	Paul Newton	Redhill RR	1181	1:05:35	6593	John Millington	Croydon Harriers
1082	1:03:49	8104	Jason Ball	Sinfin RC	1182	1:05:35	7890	Chris Cobb	Roundhay Runners
1083	1:03:50	8121	Daniel Allen	Solihull and Small Heath AC	1183	1:05:36	7259	Tadie Abeki	Knowsley Harriers
1084	1:03:50	6565	Peter Eccleston	Coventry Godiva Harriers	1184	1:05:37	6836	Philip Scarr	Halesowen ACC
1085	1:03:53	8603	Andrew Carter	West Cheshire AC	1185	1:05:39	7813	Ian Giggs	Reading Roadrunners
1086	1:03:54	7716	Andrew Massey	Nuneaton Harriers	1186	1:05:39	6301	Adrian Fowler	Bournville Harriers
1087	1:03:54	7079	Damian McQueen	Holmfrith Harriers AC	1187	1:05:39	6577	Rob Richardson	Coventry Godiva Harriers
1088	1:03:55	6052	Adrian Moody	Ashford and District RRC	1188	1:05:41	6502	Mark Solway	City Of Norwich AC
1089	1:03:56	6064	Paul Green	Avon Valley Runners	1189	1:05:42	8489	Alasdair Blain	Tyne Bridge Harriers
1090	1:03:57	6183	Edward Godber	Belper Harriers	1190	1:05:44	8747	James Bryson	Chorlton Runners
1091	1:03:58	7608	Jonathan Ranford	Newcastle Staffs AC	1191	1:05:46	7681	Martyn Gibbons	Notts AC
1092	1:04:00	6459	Matthew Evans	Cheltenham and County Harr	1192	1:05:46	6883	James Strutt	Harrigate Harriers and AC
1093	1:04:00	6664	Bernard Sexton	Ealing Eagles RC	1193	1:05:47	6662	Matt Powell	Ealing Eagles RC
1094	1:04:01	6747	Mark Jacobs	Formula One Circuit Crew	1194	1:05:47	7866	James Ward	Rolls Royce Harriers
1095	1:04:02	8617	Nils Linstrum	Wetherby Runners AC	1195	1:05:49	6787	Martin John Lloyd	Gosforth Harriers and AC
1096	1:04:02	7333	James Bailey	Leven Valley AC	1196	1:05:50	7220	Dale Mellor	Kimberley and District Strider
1097	1:04:04	6395	David Soles	Buxton AC	1197	1:05:52	8436	Ross Kinloch	Northbrook AC
1098	1:04:05	6465	Michael Waring	Chester Tri Club	1198	1:05:53	8393	Andrew Acha	Tipton Harriers
1099	1:04:09	7792	George Butler	Ramsbottom RC	1199	1:05:54	7391	Gavin Evans	London Heathside
1100	1:04:09	6627	Nikhil Alexander	Derwent Runners (derby)	1200	1:05:55	7592	David Cross	Newark Striders RC

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1201	1:05:56	8186	Craig Robinson	Sphinx AC	1301	1:07:43	7257	Phil Wood	Knowle and Dorridge RC
1202	1:05:57	7910	John Saw	Rugby and Northampton AC	1302	1:07:46	8199	Matt Blake	St Helens Sutton AC
1203	1:05:58	6154	Peter S Wallis	Beeston AC	1303	1:07:46	6949	Ben Revill	Hercules Wimbledon AC
1204	1:05:58	7736	Richard Wright	PACTRAC	1304	1:07:48	7019	Richard Stewart	Highgate Harriers
1205	1:05:59	7022	Mark Watson	Highgate Harriers	1305	1:07:49	7817	Paul Davies	Redhill RR
1206	1:05:59	6586	Neil Aikman	Croydon Harriers	1306	1:07:50	7375	Chris Pedder	Liverpool Pembroke and Sefto
1207	1:06:01	8111	Graeme Humpston	Sinfin RC	1307	1:07:50	7700	Colin Smith McGloin	Notts AC
1208	1:06:01	6728	Robert Sommerville	Eton Manor AC	1308	1:07:52	7266	Allan Sumner	Lancaster and Morecambe At
1209	1:06:01	6746	Paul Griffiths	Formula One Circuit Crew	1309	1:07:53	7321	David Pollitt	Leigh Harriers and AC
1210	1:06:02	7588	Gareth Owens	Newark AC	1310	1:07:53	6731	Jeremy Williams	Eton Manor AC
1211	1:06:03	8016	John Clarke	Saltwell Harriers	1311	1:07:54	8539	Gareth Morris	Vegan Runners UK
1212	1:06:03	7696	David Oxland	Notts AC	1312	1:07:56	7471	Neil Ryan	Manchester Harriers and AC
1213	1:06:04	6826	Andrew Carruthers	Halesowen ACC	1313	1:08:00	7272	Steven Roberts	Leamington Cycling and AC
1214	1:06:04	7722	Mark Treadwell	Nuneaton Harriers	1314	1:08:05	6666	Simon Stannard	Ealing Eagles RC
1215	1:06:05	7714	Chris Hamer-Hodges	Nuneaton Harriers	1315	1:08:07	8127	Paul Lloyd	Solihull and Small Heath AC
1216	1:06:06	8437	Russell McIntyre	Tonbridge AC	1316	1:08:08	6480	Justin Hayes	Chorton Runners
1217	1:06:07	6205	Michael Quinn	Billingham Marsh Hse H and J	1317	1:08:09	6258	Richard Byford	Blackheath And Bromley Harri
1218	1:06:09	7662	Martin McHugh	Northbrook AC	1318	1:08:09	8231	Ian Stinson	Steel City Striders Rc
1219	1:06:10	8217	Nick Burns	Steel City Striders Rc	1319	1:08:10	7218	Stephen Haskard	Kimberley and District Strider
1220	1:06:14	8126	Steven Howes	Solihull and Small Heath AC	1320	1:08:11	8414	Myles Wilson	Tipton Harriers
1221	1:06:16	8230	Kevin Sibley	Steel City Striders Rc	1321	1:08:12	6800	Gav Meadows	Grantham RC
1222	1:06:16	6939	Malcolm Davies	Hercules Wimbledon AC	1322	1:08:13	8472	Mark Easley	Trentham RC
1223	1:06:19	6153	Harry Taylor	Beeston AC	1323	1:08:14	6956	Andrew Lindley	Hermitage Harriers
1224	1:06:19	7421	Simon Crook	Longwood Harriers AC	1324	1:08:17	7147	Adam Taylor	Kendal Amateur AC
1225	1:06:20	6100	Andrew Harvey	Beccles and Bungay Harriers	1325	1:08:18	6490	Dorian Matts	Cirencester AC
1226	1:06:21	7163	Stewart Underhill	Keenilworth Runners	1326	1:08:19	8108	Brendan Devlin	Sinfin RC
1227	1:06:23	6146	Mihail Mihaylov	Beeston AC	1327	1:08:19	6523	Sam Robinson	Clapham Chasers
1228	1:06:23	8216	Andy Buck	Steel City Striders Rc	1328	1:08:23	7446	Gavin John Thompson	Low Fell RC
1229	1:06:24	8297	Steven Doxey	Swinton RC	1329	1:08:25	6925	David Gilmore	Heaton Harriers and AC
1230	1:06:27	7102	Derek Darnell	Huntingdonshire AC	1330	1:08:27	7435	Benjamin Tavendale	Lordshill RR
1231	1:06:28	8733	Pete Downes	York Knavesmire Harriers	1331	1:08:27	7836	Tony Shenton	Redhill RR
1232	1:06:29	8174	Simon Hodges	Sparkhill Harriers	1332	1:08:28	7017	James Rossiter	Highgate Harriers
1233	1:06:30	8314	Mark Ison	Team Derby Runner	1333	1:08:28	7835	Timothy Raynor	Redhill RR
1234	1:06:31	7886	John McCarthy	Rothwell Harriers and AC	1334	1:08:29	6096	Ian Parker	Beaumont RC
1235	1:06:32	6723	George Fernandez	Eton Manor AC	1335	1:08:30	6130	Richard Eadsforth	Beeston AC
1236	1:06:32	6884	Richard Willis	Harrogate Harriers and AC	1336	1:08:31	6537	Steven Hattersley	Clowne RR Club
1237	1:06:32	7050	Tom Davies	Holme Pierrepont Rc	1337	1:08:34	8608	Ben Milsom	West End Runners
1238	1:06:33	6592	Will Lyon Tupman	Croydon Harriers	1338	1:08:35	6562	Simon Clarke	Coventry Godiva Harriers
1239	1:06:34	6099	Kevin Waite	Beaumont RC	1339	1:08:35	6863	David MacLean	Harborough AC
1240	1:06:35	7653	Spencer Davies	Northbrook AC	1340	1:08:36	8404	Paul Lucas	Tipton Harriers
1241	1:06:36	7441	Ian Hayden	Low Fell RC	1341	1:08:37	8266	Dale Wilkinson	Sunderland Harriers and AC
1242	1:06:36	8530	Craig Barstow	Vegan Runners UK	1342	1:08:38	8469	Douglas Alcock	Trentham RC
1243	1:06:37	7204	Simon Neville	Keswick AC	1343	1:08:40	7884	Stephen Firth	Rothwell Harriers and AC
1244	1:06:38	7035	Gabriel Segall	Hillingdon AC	1344	1:08:42	7381	Neil Colquhoun	London Frontrunners
1245	1:06:39	6310	Tom Robinson	Bournville Harriers	1345	1:08:44	6443	Andy Phillips	Canterbury Harriers
1246	1:06:41	6775	David Gresswell	Gloucester AC	1346	1:08:49	7642	Graham Hall	North Shields Polytechnic Clu
1247	1:06:42	7486	Stuart Whysall	Mansfield Harriers	1347	1:08:50	6197	Andrew Johnson	Beverley AC
1248	1:06:42	7095	David Gribben	Houghton Harriers and AC	1348	1:08:56	8668	Leroy Brown	Wolverhampton and Bilston
1249	1:06:43	6889	Roy James	Havering AC	1349	1:08:58	6862	Garry Hodgkins	Harborough AC
1250	1:06:43	6701	Geoff Davis	Elvet Striders	1350	1:08:59	6126	Dave Bish	Beeston AC
1251	1:06:47	7042	Joseph Langham	Hinckley RC	1351	1:09:01	6083	Anthony Bissell	Barnsley Harriers
1252	1:06:47	7584	Adrian Dix	Newark AC	1352	1:09:02	7781	Sean Lightbown	Queen's Park Harriers
1253	1:06:49	7520	David Lee	Massey Ferguson RC	1353	1:09:03	7602	Mark Cotton	Newcastle Staffs AC
1254	1:06:50	8035	Alex Malzer	Serpentine RC	1354	1:09:04	7129	Stephen Hicks	Ipswich Harriers
1255	1:06:51	7449	Richard Applewhite	Macclesfield Harriers and AC	1355	1:09:06	6878	Simon Moffatt	Harrogate Harriers and AC
1256	1:06:52	6245	David Francis	Birtley AC	1356	1:09:07	8221	Martin Robert Greenough	Steel City Striders Rc
1257	1:06:53	7063	Will Meredith	Holme Pierrepont Rc	1357	1:09:08	6860	Peter Attenborough	Harborough AC
1258	1:06:55	6742	Paul Bartlett	Folkestone RC	1358	1:09:09	6222	Keith Boxley	Birchfield Harriers
1259	1:06:56	6726	Richard Parr	Eton Manor AC	1359	1:09:12	8279	Rahul Pandey	Sutton Runners
1260	1:06:58	6715	James Thomas	Epsom and Ewell Harriers	1360	1:09:15	6074	Andrew Cunningham	Barnet and District AC
1261	1:06:59	7738	Oliver Simon Pike	Penistone Footpath Runners	1361	1:09:15	6541	Malc Stapleton	Clowne RR Club
1262	1:06:59	6284	Joseph Dungworth	Blyth RC	1362	1:09:16	8207	Michael Dobson	Stafford Harriers
1263	1:07:00	6898	Angus Grant	Headington RR	1363	1:09:23	7853	Richard Garnett	Roadhogs Leicester AC
1264	1:07:02	7654	Tommy Dempsey	Northbrook AC	1364	1:09:26	8224	Stuart Jones	Steel City Striders Rc
1265	1:07:04	7385	Martin Oldham	London Frontrunners	1365	1:09:28	6919	Glenn Salkeld	Heanor RC
1266	1:07:05	7916	Barrie Day	Runnymede Runners	1366	1:09:28	6400	Ben Chamberlain	Cambridge and Coleridge AC
1267	1:07:05	8592	Steve Myerscough	Wesham RR and AC	1367	1:09:31	8671	Robert Edwards	Wolverhampton and Bilston
1268	1:07:07	8538	Ben Marshall	Vegan Runners UK	1368	1:09:32	6182	Ashley Flint	Belper Harriers
1269	1:07:08	6637	Lea Tatton	Desford Striders	1369	1:09:35	8549	Tim Miller	Victoria Park Harriers And To
1270	1:07:08	8389	Kevin Price	The Stragglers RC	1370	1:09:36	7418	Alan Maplethorpe	Long Eaton RC
1271	1:07:08	7241	Peter Austin	Knowle and Dorridge RC	1371	1:09:37	7432	Dean Powell	Lordshill RR
1272	1:07:09	6574	Jose Ortiz Gonzalez	Coventry Godiva Harriers	1372	1:09:37	8355	Shane Bloomer	Thames Valley Harriers
1273	1:07:10	8748	David Hill	Kimberley and District Strider	1373	1:09:39	7268	Paul Caruana	Leamington Cycling and AC
1274	1:07:12	7214	Darren Dodsley	Kimberley and District Strider	1374	1:09:39	6204	Calvin Nicholson	Billingham Marsh Hse H and J
1275	1:07:12	6090	David Swift-Rollinson	Barrow Runners	1375	1:09:42	7004	Nick Gold	Highgate Harriers
1276	1:07:13	6020	Andrew Hislop	Aldershot Farnham and Distri	1376	1:09:43	8483	Stuart Fogarty	Tring RC
1277	1:07:16	7234	Simon Brock	Kings Heath RC - The Lions	1377	1:09:47	6092	Terry Wegg	Basingstoke and Mid Hants A
1278	1:07:17	8655	Simon Fox	Wirral AC	1378	1:09:48	7049	Gary Cragg	Holme Pierrepont Rc
1279	1:07:19	6094	Tomasz Jarczyk	Beaumont RC	1379	1:09:49	7849	Danny Elliott	Ripley RC
1280	1:07:20	6135	Tasso Gazis	Beeston AC	1380	1:09:51	6591	Matthew Kiernan	Croydon Harriers
1281	1:07:21	6188	Andrew Naylor	Belper Harriers	1381	1:09:53	7472	Chris Stewart	Manchester Harriers and AC
1282	1:07:21	7824	Simon Holmes	Redhill RR	1382	1:09:53	6485	Nick Parrott	Chorton Runners
1283	1:07:22	7841	Christopher Ward	Redhill RR	1383	1:09:54	7819	Kevin Dickinson	Redhill RR
1284	1:07:23	7429	Matthew James Lovesey	Lordshill RR	1384	1:09:55	6645	Mark Webster	Ncaster AC
1285	1:07:23	7057	Joon Wee Ho	Holme Pierrepont Rc	1385	1:10:00	8001	Paul Gee	Salford Metropolitan AC
1286	1:07:24	7777	Philip Pennill	Quays RC	1386	1:10:02	6879	Nathan Smith	Harrogate Harriers and AC
1287	1:07:24	6983	Andrew Simms	Herne Hill Harriers	1387	1:10:03	8740	Ian Jenkinson	York Knavesmire Harriers
1288	1:07:25	8208	Daniel Findlay-Robinson	Stafford Harriers	1388	1:10:04	7068	Steve Tupholme	Holme Pierrepont Rc
1289	1:07:25	7233	Lee Weatherall	Kimberworth Striders	1389	1:10:07	8004	Girish Patel	Salford Metropolitan AC
1290	1:07:26	8571	Keith O'Donnell	Wallsend Harriers and AC	1390	1:10:07	7719	Andrew Offer	Nuneaton Harriers
1291	1:07:27	6899	John Griffiths	Headington RR	1391	1:10:11	6667	Phillip Turner	Ealing Eagles RC
1292	1:07:28	8669	Piers Butler	Wolverhampton and Bilston	1392	1:10:18	7816	Ian Beekingham	Redhill RR
1293	1:07:29	6039	Gordon Walker	Aldridge RC	1393	1:10:19	8315	Mark Shankland	Team Derby Runner
1294	1:07:30	8384	Simon Brazil	The Stragglers RC	1394	1:10:20	8718	Michael Taylor	Wycombe Phoenix Harriers a
1295	1:07:31	8484	Christopher Nicholls	Tring RC	1395	1:10:20	6216	Paul Spencer	Bingley Harriers and AC
1296	1:07:33	6926	Philip Green	Heaton Harriers and AC	1396	1:10:22	6724	Daniel Hall	Eton Manor AC
1297	1:07:34	7676	Graham Watering	Norwich RR	1397	1:10:24	7887	Marc Randall	Rothwell Harriers and AC
1298	1:07:37	7097	Shaun McGrath	Houghton Harriers and AC	1398	1:10:25	8131	John Foss	South London Harriers
1299	1:07:39	8562	Simon Charlton	Wallsend Harriers and AC	1399	1:10:25	7425	Chris Cook	Lordshill RR
1300	1:07:41	6910	Peter Edwards	Heanor RC	1400	1:10:26	7464	Daren Chambers	Maidstone Harriers

Senior Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1401	1:10:31	6867	Graeme Rolfe	Harborough AC	1501	1:14:04	7688	Steve Leek	Notts AC
1402	1:10:31	7646	Barry Young	North Shields Polytechnic Clu	1502	1:14:05	7924	Jonathan Maston	Rushcliffe AC
1403	1:10:32	6327	Simon Ellerker	Bridlington RR	1503	1:14:06	6206	Bill Belcher	Bingley Harriers and AC
1404	1:10:32	8079	Richard Ward	Sheffield RC	1504	1:14:07	6043	Graham Harrison	Altrincham and District AC Lir
1405	1:10:33	8385	Neil Carrington	The Stragglers RC	1505	1:14:08	6075	Peter Ellis	Barnet and District AC
1406	1:10:34	7468	Glen Gandy	Manchester Harriers and AC	1506	1:14:10	8247	Michael Sheppard	Stratford Upon Avon AC
1407	1:10:35	6642	Stuart Lindsay	Doncaster AC	1507	1:14:11	7065	Jim Smith	Holme Pierrepont Rc
1408	1:10:35	7711	Tim Woodthorpe	Notts AC	1508	1:14:12	6282	Michael Ashby	Blyth RC
1409	1:10:37	8457	Martyn Breslan	Torbay AAC	1509	1:14:14	8517	Alan Roberts	Vale Of Aylesbury AC
1410	1:10:40	8252	Tony Allinson	Sunderland Harriers and AC	1510	1:14:15	8117	James Spray	Sinfin RC
1411	1:10:40	6304	Ian MacKenzie	Bournville Harriers	1511	1:14:17	8485	Andrew Deighton	Tunbridge Wells Harriers
1412	1:10:42	8615	Mike Mewse	Westbury Harriers	1512	1:14:18	6210	David Jefferson	Bingley Harriers and AC
1413	1:10:48	7895	Jonathan Smith	Roundhay Runners	1513	1:14:18	6008	Joel Green	Action Heart Running and Wc
1414	1:10:52	7331	James Lowe	Leighton Buzzard AC	1514	1:14:21	7741	Robert Chalmers	Pensby Runners
1415	1:10:56	7226	Glen Weston	Kimberley and District Strider	1515	1:14:24	6733	Mark Pickett	Evenwood RR
1416	1:10:58	8456	Andrew Wood	Tonbridge AC	1516	1:14:26	7337	Simon MacHin	Lincoln Wellington AC
1417	1:11:03	6870	Paddy Butler	Hardley Runners	1517	1:14:28	7099	Stefan Brakes	Huncote Harriers
1418	1:11:05	6709	Matthew Mason	Ely Runners	1518	1:14:33	6554	John Treacy	Corby AC
1419	1:11:07	7346	Ian Greenaway	Lingfield RC	1519	1:14:33	6319	Alistair Enser	Bracknell AC
1420	1:11:08	7223	Steve Robinson-Day	Kimberley and District Strider	1520	1:14:34	7056	Simon Higson	Holme Pierrepont Rc
1421	1:11:09	8468	Robin Tremaine	Trent Park RC	1521	1:14:34	6471	Tim Blackwell	Chorlton Runners
1422	1:11:10	7523	Peter Paprcka	Massey Ferguson RC	1522	1:14:35	7112	Richard Bower	Ilkeston RC
1423	1:11:12	6132	Morgan Field	Beeston AC	1523	1:14:38	7448	Michael Smith	Lymm Runners
1424	1:11:13	6617	Steven Sharp	Denby Dale AC	1524	1:14:39	7261	Chris Willis	Knowsley Harriers
1425	1:11:15	8184	David Gamez Morris	Sphinx AC	1525	1:14:42	6073	David Byrne	Barnet and District AC
1426	1:11:15	7484	Steve Marlow	Mansfield Harriers	1526	1:14:43	6098	Mehul Vaitha	Beaumont RC
1427	1:11:17	7384	Francis O'Callaghan	London Frontrunners	1527	1:14:43	7496	Jeremy Woodham	Marple Runners
1428	1:11:22	6338	Andrew Mitchelson	Brighton and Hove AC	1528	1:14:49	8175	Graham Hygate	Sparkhill Harriers
1429	1:11:23	8005	Mike Race	Salford Metropolitan AC	1529	1:14:50	8523	Dinesh Kaulgud	Valley Striders AC
1430	1:11:23	7410	Patrick Fitzgerald	Long Eaton RC	1530	1:14:50	6718	Stephen Wickham	Erewash Valley RC
1431	1:11:24	7778	Anoop Selvin	Quays RC	1531	1:14:52	7349	David Watkins	Lingfield RC
1432	1:11:25	7251	Stephen Ray	Knowle and Dorridge RC	1532	1:14:55	8317	Stephen Moss	Teesdale AC
1433	1:11:26	8588	John Collier	Wesham RR and AC	1533	1:14:56	8112	Yudvir Kataria	Sinfin RC
1434	1:11:29	8142	Paul Doxford	South Shields Harriers and AC	1534	1:15:02	7612	Matthew Way	Newcastle Staffs AC
1435	1:11:31	6189	Robert Norman	Belper Harriers	1535	1:15:07	7834	Raymond Poynter	Redhill RR
1436	1:11:32	8275	James Yorke	Sutton in Ashfield Harriers an	1536	1:15:14	7644	Jason Adam Nash	North Shields Polytechnic Clu
1437	1:11:33	8514	Roger Graham	UTS RC	1537	1:15:15	8531	Gareth Burdell	Vegan Runners UK
1438	1:11:36	7047	Chris Allen	Holme Pierrepont Rc	1538	1:15:15	7715	Andy Harris	Nuneaton Harriers
1439	1:11:38	8115	Christopher Morrison	Sinfin RC	1539	1:15:19	7668	Will Buck	Norwich RR
1440	1:11:38	6921	Tony Weatherson	Heanor RC	1540	1:15:26	6548	Adam Powell	Congleton Harriers
1441	1:11:39	7133	Darren Harger	Istead and Ifield Harriers	1541	1:15:31	8704	Daniel Gadsby	Wreake Runners
1442	1:11:41	8103	Richard Popiel	Silson AC	1542	1:15:32	7153	Tom Cosgrove	Kenilworth Runners
1443	1:11:42	7639	Andrew Moss	North Dorset Tri Club	1543	1:15:37	7999	Peter Brown	Salford Metropolitan AC
1444	1:11:43	6901	Martin Leach	Headington RR	1544	1:15:39	8292	Matthew Ryder	Swindon Harriers
1445	1:11:43	8696	Steve Carr	Workshop Harriers	1545	1:15:43	7894	Stu Sklinar	Roundhay Runners
1446	1:11:45	6557	Nick Bennett	Coventry Godiva Harriers	1546	1:15:45	6760	Robert Prichard-Jones	Fulham RC
1447	1:11:47	6626	Richard Wilson	Derby AC	1547	1:15:46	7785	Mark Enright	Radcliffe AC
1448	1:11:48	6329	Martin Hutchinson	Bridlington RR	1548	1:15:47	6145	Alec MacLean	Beeston AC
1449	1:11:52	6861	Iain Barber	Harborough AC	1549	1:15:57	6643	Simon Parkin	Doncaster AC
1450	1:11:52	6129	Paul Dennis	Beeston AC	1550	1:15:58	8179	Andrew Wadsworth	Sparkhill Harriers
1451	1:11:53	7579	Lee Braithwaite	Newark AC	1551	1:16:01	7456	David Larkin	Macclesfield Harriers and AC
1452	1:11:56	7094	David Gibson	Houghton Harriers and AC	1552	1:16:05	6293	Phil Galpin	Bourne Town Harriers
1453	1:11:57	8015	Steven Ayling	Saltwell Harriers	1553	1:16:06	6734	Paul Townsend	Evenwood RR
1454	1:11:57	7123	Malcolm Pickering	Ilkley Harriers AC	1554	1:16:12	7740	Paul Alexander	Pensby Runners
1455	1:12:03	6254	Timothy Ayres	Blackheath And Bromley Harr	1555	1:16:15	6065	Phil Harding	Avon Valley Runners
1456	1:12:05	8448	Mark Schofield	Tonbridge AC	1556	1:16:17	8033	Sammy Li	Serpentine RC
1457	1:12:06	7343	Francis Ward	Lincoln Wellington AC	1557	1:16:26	6215	Emyr Rees	Bingley Harriers and AC
1458	1:12:09	6675	Mohamed Hashi	Ealing Southall and Middlesex	1558	1:16:28	7829	Martyn McHale	Redhill RR
1459	1:12:10	8189	Richard Rule	Springfield Striders RC	1559	1:16:32	7710	Allan Wilson	Notts AC
1460	1:12:11	6453	Kevin Lomas	CharnwoodAC	1560	1:16:36	6843	Mark Gaughan	Halifax Harriers and AC
1461	1:12:13	6137	Rob Henderson	Beeston AC	1561	1:16:38	7222	David Pierce	Kimberley and District Strider
1462	1:12:16	6133	Bob Frake	Beeston AC	1562	1:16:47	8686	Alistair Holford	Woodford Green AC with Ess
1463	1:12:18	6309	David Powner	Bournville Harriers	1563	1:16:47	7447	Paul Baskeyfield	Ludlow Runners
1464	1:12:20	8075	Steven Ross	Sheffield RC	1564	1:16:49	6316	Michael Woodall	Bournville Harriers
1465	1:12:20	8183	Wayne Broadbent	Sphinx AC	1565	1:16:50	8518	John Clarke	Vale Royal AC
1466	1:12:21	6793	Paul Davidson	Grantham AC	1566	1:16:55	6388	Peter Bailey	Buxton AC
1467	1:12:21	6526	Jonathan Small	Clapham Chasers	1567	1:16:55	8114	Zakaria Mohamed	Sinfin RC
1468	1:12:24	8128	Matthew Long	South Derbyshire RR	1568	1:16:59	8293	Craig Scott	Swindon Harriers
1469	1:12:26	6305	Steve Morton	Bournville Harriers	1569	1:17:02	6444	Kevin Ferncombe	Centurion RC
1470	1:12:26	8729	Martin Kirby	York Acorn RC	1570	1:17:04	6499	Ian Pulford	City Of Norwich AC
1471	1:12:31	8037	Thomas Martini	Serpentine RC	1571	1:17:07	6283	David Bradley	Blyth RC
1472	1:12:33	7725	Bill Bennett	Orion Harriers	1572	1:17:09	6869	Gary Wallis	Harborough AC
1473	1:12:41	8182	Barry Allen	Sphinx AC	1573	1:17:11	6686	Gary Matthews	East Cheshire Harriers and Ta
1474	1:12:44	8260	Dean Phillips	Sunderland Harriers and AC	1574	1:17:11	7481	Dave Carver	Mansfield Harriers
1475	1:12:49	7930	Russell Tuffin	Rushcliffe AC	1575	1:17:12	7463	Christopher Sutton	Maidenhead AC
1476	1:12:51	6173	Terry O'Neill	Belgrave Harriers	1576	1:17:15	8232	Michael Wu	Steel City Striders Rc
1477	1:12:55	8561	Alex Yem	Wallasey AC	1577	1:17:18	6529	Martin Brady	Clayton-le-Moors Harriers
1478	1:12:58	6078	Chris Violet	Barnet and District AC	1578	1:17:18	7670	Ally Hadden	Norwich RR
1479	1:12:59	6213	John Merrick	Bingley Harriers and AC	1579	1:17:20	8492	Paul Colver	Tyne Bridge Harriers
1480	1:13:00	7872	John Comrie	Rotherham Harriers And AC	1580	1:17:21	6295	Neil Taylor	Bourne Town Harriers
1481	1:13:01	7054	Peter Gillespie	Holme Pierrepont Rc	1581	1:17:23	6084	Jason Shepherd	Barnsley Harriers
1482	1:13:01	6914	Paul Mercer	Heanor RC	1582	1:17:24	7383	John Keenan	London Frontrunners
1483	1:13:04	6127	Steve Brown	Beeston AC	1583	1:17:29	7473	Craig Turner	Manchester Harriers and AC
1484	1:13:09	8422	Anthony Cohen	Tonbridge AC	1584	1:17:32	7850	Carl Hopkinson	Ripley RC
1485	1:13:15	7401	Ben Montilla	London Heathside	1585	1:17:33	8125	John Dowd	Solihull and Small Heath AC
1486	1:13:19	6194	Malcolm Weir	Belper Harriers	1586	1:17:36	6545	Nick Budd	Congleton Harriers
1487	1:13:22	8450	Alex Slack	Tonbridge AC	1587	1:17:45	8194	Michael Jack	St Albans Striders
1488	1:13:22	6745	Ian Merrick	Folkestone RC	1588	1:17:50	8475	John Guest	Trentham RC
1489	1:13:25	8277	Darko Calina	Sutton Runners	1589	1:17:54	6615	Philip Ellis	Denby Dale AC
1490	1:13:27	7864	Ian Page	Rolls Royce Harriers	1590	1:17:57	6564	Brent Davis	Coventry Godiva Harriers
1491	1:13:29	6875	Simon Lawson	Harrogate Harriers and AC	1591	1:18:08	6004	Adrian Francis	Abingdon AC
1492	1:13:30	6151	Chris Robson	Beeston AC	1592	1:18:12	8227	Richard Adrian Pegg	Steel City Striders Rc
1493	1:13:34	8545	William Burbridge-James	Victoria Park Harriers And Ton	1593	1:18:18	7445	Scott McWilliams	Low Fell RC
1494	1:13:41	7630	Steve Bennett	North Derbyshire RC	1594	1:18:21	7043	Richard Hilson	Holland Sports AC
1495	1:13:43	6268	Richard Hall	Blackheath And Bromley Harr	1595	1:18:25	6033	Simon Hudson	Aldridge RC
1496	1:13:48	7548	Gordon Baird	Middlesbrough and Clevelanc	1596	1:18:26	6187	Anthony Marchant	Belper Harriers
1497	1:13:49	7518	Scott Kirton	Massey Ferguson RC	1597	1:18:29	8106	Simon Bray	Sinfin RC
1498	1:13:53	8694	Paul Stockings	Woodford Green AC with Ess	1598	1:18:31	7652	Graeme Brannen	Northbrook AC
1499	1:13:56	7479	Graeme Baguley	Mansfield Harriers	1599	1:18:37	8473	Adrian Frost	Trentham RC
1500	1:14:00	6003	Jon Bones	Abingdon AC	1600	1:18:39	7382	Mayur Gupta	London Frontrunners

Senior Men

Pos	Time	No	Name	Club
1601	1:18:44	6753	Andrew Fickling	Fulham RC
1602	1:18:47	8568	Alan Heslington	Wallsend Harriers and AC
1603	1:18:51	8444	Richard Puxty	Tonbridge AC
1604	1:18:58	6383	Mark Hedges	Burton AC
1605	1:18:59	6772	Gareth Phillips	Gateshead Harriers and AC
1606	1:19:02	7749	Darryl Coulter	Peterborough and Nene Valle
1607	1:19:04	7217	Robert Gooch	Kimberley and District Strider
1608	1:19:06	6149	Charlie Pearce	Beeston AC
1609	1:19:12	6242	Martin Lufford	Birmingham Running Athletic
1610	1:19:17	6181	James Feeney	Belper Harriers
1611	1:19:21	7958	Timothy Rainey	Sale Harriers Manchester
1612	1:19:21	6447	Andy Rea	Centurion RC
1613	1:19:27	7822	Clive Greyson	Redhill RR
1614	1:19:30	6199	Tan Truong	Bexley AC
1615	1:19:37	7347	David Nottidge	Lingfield RC
1616	1:19:42	7679	Nicholas Clarke	Notts AC
1617	1:19:50	7634	David Pendlebury	North Derbyshire RC
1618	1:19:55	6751	Rick Cannon	Fulham RC
1619	1:19:58	8118	Dean Ward	Sinfin RC
1620	1:19:59	7921	Martin Findlay	Rushcliffe AC
1621	1:20:01	6468	Paul Adams	Chorlton Runners
1622	1:20:03	7027	John Bignell	Hillingdon AC
1623	1:20:10	7444	Richard McGuire	Low Fell RC
1624	1:20:16	7720	William Pither	Nuneaton Harriers
1625	1:20:16	6312	Paul Samuels	Bournville Harriers
1626	1:20:17	7713	Peter Everitt	Nuneaton Harriers
1627	1:20:19	6302	Tim Hodges	Bournville Harriers
1628	1:20:25	8284	Steve Connolly	Swindon Harriers
1629	1:20:33	6677	Steve Plested	Ealing Southall and Middlesex
1630	1:20:34	8102	David Jarrett	Silson AC
1631	1:20:40	7656	Tim Hughes	Northbrook AC
1632	1:20:41	7442	Jason Long	Low Fell RC
1633	1:20:50	7227	Matthew Whitmill	Kimberley and District Strider
1634	1:21:03	8187	Paul Slatford	Sphinx AC
1635	1:21:05	8732	Calum Cogan	York Knavesmire Harriers
1636	1:21:11	6530	Peter Browning	Clayton-le-Moors Harriers
1637	1:21:16	8113	Jamie Meynell	Sinfin RC
1638	1:21:21	6061	Chris Brown	Avon Valley Runners
1639	1:21:21	6006	David Morgan	Abingdon AC
1640	1:21:25	7420	Luke Woodiwiss	Long Eaton RC
1641	1:21:28	6493	Carl Horth	City of Hull AC
1642	1:21:50	7672	Martin Howard	Norwich RR
1643	1:21:52	6737	Bob Collard	Fitmums and Friends
1644	1:21:53	6749	Steve Taylor	Formula One Circuit Crew
1645	1:21:55	8119	Brian Warner	Sinfin RC
1646	1:21:56	7212	Anthony Poncia	Kettering Town Harriers
1647	1:21:57	6566	Garry Flude	Coventry Godiva Harriers
1648	1:21:59	6428	Clem Dixon	Cambridge Harriers
1649	1:22:02	6201	Kevin Winch	Bexley AC
1650	1:22:17	8177	Andy Manning	Sparkhill Harriers
1651	1:22:20	6102	Gary Howe	Beccles and Bungay Harriers
1652	1:22:30	7728	David Milner	Orion Harriers
1653	1:22:35	6605	Matthew D Stears	Dacorum and Tring AC
1654	1:22:47	6306	Kevin Peace	Bournville Harriers
1655	1:22:55	8206	Roy Clay	Stafford Harriers
1656	1:22:58	7206	Mark Brockway	Kettering Town Harriers
1657	1:23:01	7338	Martin Morley	Lincoln Wellington AC
1658	1:23:02	6488	Jerry Smith	Chorlton Runners
1659	1:23:05	7593	Andrew Vosper	Newark Striders RC
1660	1:23:13	8400	Carl Gayle	Tipton Harriers
1661	1:23:16	7228	Chris Worth	Kimberley and District Strider
1662	1:23:20	6536	Mike Brown	Clowne RR Club
1663	1:23:23	8606	Jon Moorhouse	West Cheshire AC
1664	1:23:29	6738	Andrew Coy	Fitmums and Friends
1665	1:23:33	6147	Ken Morrell	Beeston AC
1666	1:23:35	8543	Peter Simpson	Vegan Runners UK
1667	1:23:46	6079	Dave Allembly	Barnsley AC
1668	1:23:48	6384	Robert Sharratt	Burton AC
1669	1:23:54	7691	Richard Mitson	Notts AC
1670	1:24:05	7413	Marc Kinch	Long Eaton RC
1671	1:24:08	6806	John Hargreaves	Great Western Runners
1672	1:24:12	8107	Ian Carson	Sinfin RC
1673	1:24:19	8620	Jeff Darbyshire	Wigan and District H and AC
1674	1:24:22	6445	James Houghton	Centurion RC
1675	1:24:22	7708	Andrew Williams	Notts AC
1676	1:25:04	7718	Vincent Newton	Nuneaton Harriers
1677	1:25:07	7821	Paul Gibson	Redhill RR
1678	1:25:15	8573	Mark Taylor	Wallsend Harriers and AC
1679	1:25:29	8540	Adrian Pope	Vegan Runners UK
1680	1:25:41	8458	Andy Philippou	Torbay AAC
1681	1:25:54	6673	Steve Curt	Ealing Southall and Middlesex
1682	1:26:24	8285	John Dill	Swindon Harriers
1683	1:26:26	7213	Dominic Devlin	Kimberley and District Strider
1684	1:26:34	6082	Neil Armitage	Barnsley Harriers
1685	1:26:40	7111	Trevor Robinson	Ilford AC
1686	1:26:47	7430	Philip Mitchell	Lordshill RR
1687	1:27:23	8587	Geoffrey Walden	Werrington Joggers
1688	1:27:24	6131	Shane Fenn	Beeston AC
1689	1:27:32	7865	Kieran Portman	Rolls Royce Harriers
1690	1:27:41	6080	Raymond Archer	Barnsley AC
1691	1:27:44	8129	Tim Cooke	South London Harriers
1692	1:28:08	8138	Steve Rigby	South London Harriers
1693	1:28:19	7825	Michael Horn	Redhill RR
1694	1:28:24	8076	Stephen Tanner	Sheffield RC
1695	1:28:30	6076	John Owen	Barnet and District AC
1696	1:28:59	6739	John Gray	Fitmums and Friends
1697	1:29:15	7215	Michael Doyle	Kimberley and District Strider
1698	1:29:27	6705	Emil Maatta	Elvet Striders
1699	1:29:28	6202	Dave Winfield	Bexley AC
1700	1:29:36	7673	Anthony Millett	Norwich RR

Pos	Time	No	Name	Club
1701	1:29:51	8254	Lee Colman	Sunderland Harriers and AC
1702	1:30:10	7744	Nigel Pratten	Pensby Runners
1703	1:30:58	8171	Charles Fentiman	Sparkhill Harriers
1704	1:31:01	8073	Neal Matthews	Sheffield RC
1705	1:32:34	7407	Colin Bostock	Long Eaton RC
1706	1:32:43	6136	Paul Hartshorne	Beeston AC
1707	1:33:23	6463	Robert Softley	Chesapeake RR
1708	1:33:43	6294	Richard Pearson	Bourne Town Harriers
1709	1:34:07	7340	George Shuttleworth	Lincoln Wellington AC
1710	1:35:33	6101	Stephen Harvey	Beccles and Bungay Harriers
1711	1:36:08	8244	James Deacon	Stratford Upon Avon AC
1712	1:38:51	7156	Thomas Dable	Kenilworth Runners
1713	1:40:20	6778	Christopher O'Carroll	Gloucester AC
1714	1:41:23	6398	Phillip Vines	Caistor RC
1715	1:41:32	6794	David Eldridge	Grantham AC
1716	1:41:36	6589	Norman Hemming	Croydon Harriers

Team Results:

Pos	Points	Team / Club	Placings
1	535	Tonbridge AC	(11 24 32 43 59 77 90 97 102)
2	640	Bristol and West AC	(10 33 44 70 71 73 105 111 123)
3	650	Highgate Harriers	(12 45 48 60 65 84 88 117 131)
4	750	Aldershot Farnham and District	(20 27 54 75 76 100 112 113 173)
5	812	Bedford and County AC	(6 26 53 63 66 92 141 156 209)
6	872	Leeds City AC	(3 8 36 57 61 115 168 192 232)
7	1060	Cambridge and Coleridge AC	(25 30 31 85 116 160 184 198 231)
8	1416	Sale Harriers Manchester	(52 62 78 89 96 212 219 254 354)
9	1764	Thames Hare and Hounds	(126 134 136 163 176 190 199 284 356)
10	1842	Kent AC	(15 93 99 128 277 290 304 307 329)
11	2110	Shaftesbury Barnet Harriers	(18 40 58 80 101 207 394 510 702)
12	2476	Notts AC	(42 49 114 226 246 275 317 382 825)
13	2638	Herne Hill Harriers	(150 218 248 268 291 353 355 362 393)
14	2821	Birchfield Harriers	(14 22 83 107 137 152 180 768 1358)
15	2916	Salford Harriers and AC	(55 69 108 313 406 424 487 523 531)
16	2929	Blackheath And Bromley Harriers	(29 39 120 262 306 336 435 691 711)
17	2946	Liverpool Harriers and AC	(28 72 233 245 264 270 486 609 739)
18	3969	Woodford Green AC with Essex L	(35 153 191 211 422 429 509 521 1498)
19	4197	London Heathside	(155 261 295 301 479 553 649 714 790)
20	4248	Thames Valley Harriers	(16 142 165 348 385 526 738 963 965)
21	4265	Coventry Godiva Harriers	(138 260 327 391 419 538 601 716 875)
22	4580	Holmfirth Harriers AC	(9 98 185 267 518 544 921 951 1087)
23	4861	Serpentine RC	(79 276 476 516 525 621 632 862 874)
24	4870	Hercules Wimbledon AC	(95 127 239 243 253 597 791 1222 1303)
25	4986	Belgrave Harriers	(259 377 397 470 549 557 652 705 1020)
26	5075	Swindon Harriers	(242 312 346 449 480 696 755 829 966)
27	5751	Halesowen ACC	(331 415 505 543 651 720 844 846 896)
28	5919	Wolverhampton and Bilston	(186 279 573 684 772 784 816 857 968)
29	6159	Heanor RC	(130 288 618 638 798 807 917 948 1015)
30	6316	Havering AC	(214 350 432 575 682 876 956 982 1249)
31	6556	Newark AC	(201 585 611 626 698 766 792 1067 1210)
32	6602	Holme Pierrepont Rc	(206 496 674 712 753 769 812 1066 1114)
33	7006	Knowle and Dorridge RC	(519 655 741 763 795 813 877 915 928)
34	7388	Rushcliffe AC	(369 378 642 830 835 1034 1073 1111 1116)
35	7427	Chorlton Runners	(325 461 529 624 740 860 1190 1316 1382)
36	7478	Newcastle Staffs AC	(441 514 615 800 885 901 1069 1091 1162)
37	8317	Eton Manor AC	(524 587 689 695 1010 1110 1208 1235 1259)
38	8413	Northbrook AC	(457 468 659 977 1046 1170 1178 1218 1240)
39	8419	Tipton Harriers	(193 372 560 635 1141 1198 1320 1340 1660)
40	8483	Fulham RC	(656 701 737 804 950 959 964 1166 1546)
41	8534	Steel City Striders Rc	(344 458 715 872 1159 1219 1221 1228 1318)
42	8547	Beeston AC	(836 842 859 864 922 935 1047 1120 1122)
43	8648	Lordshill RR	(567 802 867 1006 1008 1016 1026 1072 1284)
44	8678	Ealing Southall and Middlesex AC	(265 286 713 809 858 979 1458 1629 1681)
45	8833	York Knavesmire Harriers	(630 719 803 941 1019 1041 1062 1231 1387)
46	8887	Long Eaton RC	(390 646 900 953 991 1068 1139 1370 1430)
47	8968	Redhill RR	(590 778 912 944 955 1081 1143 1282 1283)
48	8992	Kenilworth Runners	(352 417 542 940 1104 1157 1226 1542 1712)
49	9031	Ealing Eagles RC	(493 666 773 981 1093 1127 1193 1314 1391)
50	9231	Sunderland Harriers and AC	(229 423 833 886 934 1341 1410 1474 1701)
51	9920	Belper Harriers	(552 725 989 994 1090 1281 1368 1435 1486)
52	9993	Bournville Harriers	(459 722 863 1175 1186 1245 1411 1463 1469)
53	10168	Sheffield RC	(367 765 902 930 938 1404 1464 1694 1704)
54	10253	Wallsend Harriers and AC	(650 721 903 980 1130 1290 1299 1602 1678)
55	10493	Harborough AC	(760 832 995 1011 1339 1349 1357 1401 1449)
56	10672	Vegan Runners UK	(672 888 943 1145 1242 1268 1311 1537 1666)
57	11676	Kimberley and District Striders	(1064 1154 1196 1273 1274 1319 1415 1420 1561)
58	12527	Nuneaton Harriers	(1086 1158 1214 1215 1390 1538 1624 1626 1676)
59	12880	Sinfin RC	(1082 1207 1326 1439 1510 1533 1567 1597 1619)

Senior Women

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1	0:32:59	4012	Anna Moller	Aldershot Farnham and Distri	101	0:39:06	5150	Cadie Hibberd	Stratford Upon Avon AC
2	0:33:20	4156	Jessica Judd	Blackburn Harriers and AC	102	0:39:08	4992	Juliet Downs	Sale Harriers Manchester
3	0:33:45	4674	Bronwen Owen	Leeds City AC	103	0:39:10	4238	Rebecca Hair	Cambridge and Coleridge AC
4	0:33:56	4910	Jess Gibbon	Reading AC	104	0:39:11	5242	Harriet Woolley	Tonbridge AC
5	0:33:59	4230	Charlotte Dannatt	Camberley and District AC	105	0:39:12	4254	Aimee Seager	CharnwoodAC
6	0:34:04	4929	Eleanor Bolton	Ribble Valley Harriers	106	0:39:13	5365	Alice Flint	Windsor Slough Eton and Hou
7	0:34:06	4784	Dani Chattenton	Milton Keynes Distance Proje	107	0:39:15	4527	Julia Wedmore	Herne Hill Harriers
8	0:34:07	4677	Lauren Hynes	Leigh Harriers and AC	108	0:39:15	5026	Natasha Sheel	Serpentine RC
9	0:34:18	4686	Abbie Donnelly	Lincoln Wellington AC	109	0:39:19	4110	Alice Reed	Belgrave Harriers
10	0:34:39	4276	Iona Lake	City Of Norwich AC	110	0:39:20	4908	Suzy Whatmough	Ranelagh Harriers
11	0:34:42	4529	Elizabeth Jones	Herts Phoenix AC	111	0:39:22	4291	Donna Sherwin	City Of Stoke AC
12	0:34:47	4538	Hannah Viner	Highgate Harriers	112	0:39:24	4565	Julia Jagger	Holmfirth Harriers AC
13	0:34:49	4009	Lauren Hall	Aldershot Farnham and Distri	113	0:39:25	4518	Sarah Grover	Herne Hill Harriers
14	0:34:55	5373	Sophie Tarver	Wirral AC	114	0:39:26	4107	Mhairi Hall	Belgrave Harriers
15	0:35:00	4006	Niamh Brown	Aldershot Farnham and Distri	115	0:39:27	4486	Morgan Campbell	Havering AC
16	0:35:03	4670	Claire Duck	Leeds City AC	116	0:39:28	4622	Alexa Parker	Kent AC
17	0:35:09	4676	Jennifer Walsh	Leeds City AC	117	0:39:29	4248	Elsie Butler	CharnwoodAC
18	0:35:12	5285	Amelia Pettitt	Vale Royal AC	118	0:39:31	4203	Elaina Gard	Bristol and West AC
19	0:35:17	4015	Nancy Scott	Aldershot Farnham and Distri	119	0:39:32	4258	Rachel See	Cheltenham And County Harri
20	0:35:26	5239	Nicole Taylor	Tonbridge AC	120	0:39:33	4468	Charlotte Slack	Hallamshire Harriers Sheffield
21	0:35:37	4273	Sarah Astin	City Of Norwich AC	121	0:39:34	4785	Helene Greenwood	Milton Keynes Distance Proje
22	0:35:42	4673	Georgia Malir	Leeds City AC	122	0:39:35	4016	Emma Stevens	Aldershot Farnham and Distri
23	0:35:43	4253	Juliet Potter	CharnwoodAC	123	0:39:38	5133	Caroline Brock	Steel City Striders Rc
24	0:35:47	4679	Abigail Howarth	Leigh Harriers and AC	124	0:39:43	5221	Chloe Bird	Tonbridge AC
25	0:35:57	4911	Naomi Mitchell	Reading AC	125	0:39:46	5036	Stephanie Burns	Sheffield RC
26	0:36:04	4931	Caroline Lambert	Ribble Valley Harriers	126	0:39:49	4865	Katherine Hodgson	Nuneaton Harriers
27	0:36:09	5237	Lucy Reid	Tonbridge AC	127	0:39:49	4649	Mae Thompson	Kingston AC And Poly Harrier
28	0:36:17	4164	Emily Japp	Blackpool Wyre and Fylde AC	128	0:39:50	4618	Sarah Hanley	Kent AC
29	0:36:18	4988	Hannah Brown	Sale Harriers Manchester	129	0:39:51	4804	Sophie Goodfellow	Newcastle Staffs AC
30	0:36:22	4146	Molly Browne	Birmingham Running Athletic	130	0:39:52	4932	Nicola Squires	Ribble Valley Harriers
31	0:36:29	4534	Nina Griffith	Highgate Harriers	131	0:39:52	4846	Lisa Deacon	Notts AC
32	0:36:31	4568	Katie Walshaw	Holmfirth Harriers AC	132	0:39:56	5089	Anna Sharp	Southampton AC
33	0:36:41	5084	Laura Brenton	Southampton AC	133	0:39:57	4187	Imogen Peck	Bournville Harriers
34	0:36:42	4533	Yasmin Goater	Highgate Harriers	134	0:40:03	4797	Jessica Franklin	Newbury AC
35	0:36:44	4260	Bethany Garland	Chichester Runners and AC	135	0:40:07	4794	Rebecca Gallop	Newark AC
36	0:36:45	4795	Cloe Hubbard	Newark AC	136	0:40:09	5251	Jessica Prior	Trent Park RC
37	0:36:48	5176	Kate Drew	Taunton AC	137	0:40:10	4207	Emily Strathdee	Bristol and West AC
38	0:36:51	4672	Alice Leake	Leeds City AC	138	0:40:11	4215	Caroline Warrington	Bromsgrove and Redditch
39	0:36:54	5141	Elizabeth Apsley	Stockport Harriers and AC	139	0:40:11	4252	Jane Potter	CharnwoodAC
40	0:36:55	4562	Lucy Byram	Holmfirth Harriers AC	140	0:40:13	4279	Emma Jolley	City Of Portsmouth AC
41	0:36:59	4106	Georgie Fenn	Belgrave Harriers	141	0:40:19	5024	Sarah Pemberton	Serpentine RC
42	0:37:06	4991	Ellen Downs	Sale Harriers Manchester	142	0:40:20	4478	Claire Jones	Harrogate Harriers and AC
43	0:37:07	4782	Philippa Stone	Middlesbrough AC (mandale)	143	0:40:22	4485	Ginte Bailey	Havering AC
44	0:37:11	4909	Anna Boniface	Reading AC	144	0:40:29	4393	Sarah Flanagan	Eton Manor AC
45	0:37:11	4281	Bethany Ansell	City Of Sheffield And Dearn .	145	0:40:30	4142	Ella Shirley	Birchfield Harriers
46	0:37:12	5186	Claire Martin	Telford AC	146	0:40:32	4516	Karen Ellison	Herne Hill Harriers
47	0:37:13	4866	Polly Keen	Nuneaton Harriers	147	0:40:36	4355	Hannah Morris	Dorking and Mole Valley AC
48	0:37:15	5194	Bethanie Murray	Thames Hare and Hounds	148	0:40:37	4610	Emma Ford	Kenilworth Runners
49	0:37:16	4469	Charlotte Ward	Hallamshire Harriers Sheffield	149	0:40:39	5273	Frances Arnott	University of Leicester Runnin
50	0:37:22	4063	Freya Beth Davis	Basingstoke and Mid Hants A	150	0:40:39	5215	Rebecca Turton	Tipton Harriers
51	0:37:24	4250	Lucy Jones	CharnwoodAC	151	0:40:39	4511	Libbie Read	Heaton Harriers and AC
52	0:37:27	5142	Mollie Williams	Stockport Harriers and AC	152	0:40:40	5087	Miriam Jones-Walters	Southampton AC
53	0:37:28	4930	Nichola Jackson	Ribble Valley Harriers	153	0:40:41	5188	Chloe Beckett	Thames Hare and Hounds
54	0:37:31	4454	Sarah Mercier	Guernsey AC	154	0:40:42	5337	Briegit Belfour	Westbury Harriers
55	0:37:35	4282	Eleanor Curran	City Of Sheffield And Dearn .	155	0:40:42	4202	Katrina Entwistle	Bristol and West AC
56	0:37:39	5286	Elizabeth Renondeau	Vale Royal AC	156	0:40:44	4233	Belinda Dow	Cambridge and Coleridge AC
57	0:37:42	4232	Charlotte Christensen	Cambridge and Coleridge AC	157	0:40:46	5236	Polly Pitcairn-Knowles	Tonbridge AC
58	0:37:46	4208	Isabelle Talbot Price	Bristol and West AC	158	0:40:51	4339	Rebecca Miller	Derby AC
59	0:37:47	5192	Katy Hedgethorne	Thames Hare and Hounds	159	0:40:52	5043	Rachel Rose	Sheffield RC
60	0:37:51	4872	Alison Lavender	Oswestry Olympians	160	0:40:53	4464	Lilly Fletcher	Hallamshire Harriers Sheffield
61	0:37:51	4134	Kelly Butler	Birchfield Harriers	161	0:40:54	4545	Hannah Wells	Hillingdon AC
62	0:37:51	4952	Sophie Cowper	Rotherham Harriers And AC	162	0:40:55	4862	Eleanor Fowler	Nuneaton Harriers
63	0:37:53	4561	Erica Byram	Holmfirth Harriers AC	163	0:40:58	5376	Sheridan McWilliam	Wolverhampton and Bilston
64	0:37:55	4159	Jo Hickman Dunne	Blackheath And Bromley Harr	164	0:40:58	4162	Molly Betmead	Blackpool Wyre and Fylde AC
65	0:37:57	5381	Leah Harris	Worthing and District Harrier	165	0:40:59	4383	Alice Germana	Epsom and Ewell Harriers
66	0:37:59	4596	Georgia Campbell	Jarrow and Hebburn AC	166	0:41:01	4984	Fliss Tournant	Saffron Striders RC
67	0:38:02	4567	Ruby Sykes	Holmfirth Harriers AC	167	0:41:03	4582	Rachel Carter	Ilkley Harriers AC
68	0:38:03	4588	Hannah Pettersson	Ipswich Harriers	168	0:41:05	4651	Isabel Davis	Knowle and Dorridge RC
69	0:38:05	5195	Natalie Seymour	Thames Hare and Hounds	169	0:41:08	4854	Sarah MacKness	Notts AC
70	0:38:06	4465	Hannah May Fletcher-Poole	Hallamshire Harriers Sheffield	170	0:41:10	4075	Ellie Still	Bedford and County AC
71	0:38:08	5008	Ruth Jones	Salford Harriers and AC	171	0:41:11	4993	Jenny Evans	Sale Harriers Manchester
72	0:38:09	4773	Elle Roche	Marshall Milton Keynes AC	172	0:41:13	5407	Lucy Pinder	York Knavesmire Harriers
73	0:38:11	5356	Helen Hall	Winchester and District AC	173	0:41:15	4617	Eliza Grant	Kent AC
74	0:38:12	5193	Lauren Major	Thames Hare and Hounds	174	0:41:16	4160	Jessica Keene	Blackheath And Bromley Harri
75	0:38:12	5367	Hannah Novakovic	Windsor Slough Eton and Hou	175	0:41:17	5334	Joanna Male	West End Runners
76	0:38:13	4337	Chrissie Dover	Derby AC	176	0:41:17	4566	Claire Leaver-Hewitt	Holmfirth Harriers AC
77	0:38:13	4772	Alice Ritchie	Marshall Milton Keynes AC	177	0:41:19	4145	Elizabeth Watterson	Birchfield Harriers
78	0:38:15	4017	Katie Stevens	Aldershot Farnham and Distri	178	0:41:20	5005	Sarah Carroll	Salford Harriers and AC
79	0:38:16	4953	Natasha Hatswell	Rotherham Harriers And AC	179	0:41:25	4659	Mary Hodgson	Lancaster and Morecambe At
80	0:38:18	4204	Natalie Griffiths	Bristol and West AC	180	0:41:25	4194	Laurie Marlow	Bracknell AC
81	0:38:19	5401	Emily Baines	York Knavesmire Harriers	181	0:41:27	4239	Fiona Hughes	Cambridge and Coleridge AC
82	0:38:20	4539	Victoria Walker	Highgate Harriers	182	0:41:29	4665	Zara Hadfield	Leamington Cycling and AC
83	0:38:31	4783	Cecilie Andersen	Milton Keynes Distance Proje	183	0:41:29	4292	Mandy Vernon	City Of Stoke AC
84	0:38:31	4109	Olivia Papaioannou	Belgrave Harriers	184	0:41:30	5343	Lucy Richens	Westbury Harriers
85	0:38:33	4234	Lucy Dowsett	Cambridge and Coleridge AC	185	0:41:30	4848	Naomi Elliott	Notts AC
86	0:38:34	5197	Chloe Baker	Thames Valley Harriers	186	0:41:31	5327	Kelly Barnett	Wellingborough and District /
87	0:38:37	4275	Lauren Howe	City Of Norwich AC	187	0:41:31	4268	Amy Weyers	Chorlton Runners
88	0:38:37	4295	Charlotte Mason	City of York AC	188	0:41:34	4902	Natalie Haarer	Ranelagh Harriers
89	0:38:40	4771	Lara Bromilow	Marshall Milton Keynes AC	189	0:41:37	5155	Kelley Haniver	Stubbington Green Runners
90	0:38:45	4338	Bethan Hudson	Derby AC	190	0:41:39	4048	Gemma Knudsen	Avon Valley Runners
91	0:38:45	4623	Katie Rowland	Kent AC	191	0:41:41	5360	Jennifer Ball	Windsor Slough Eton and Hou
92	0:38:48	4559	Helen Berry	Holmfirth Harriers AC	192	0:41:44	5303	Helen Beck	Wakefield District H and AC
93	0:38:50	4004	Cordelia Parker	Abingdon AC	193	0:41:44	4754	Heather Hughes	Manchester YMCA Harriers
94	0:38:52	4332	Cas Jackson	Dartford Harriers AC	194	0:41:45	4880	Sarah Caskey	Peterborough and Nene Valle
95	0:38:53	4014	Sally Ratcliffe	Aldershot Farnham and Distri	195	0:41:47	4288	Victoria Hughes	City Of Stoke AC
96	0:38:58	4475	Sharon Barlow	Harrogate Harriers and AC	196	0:41:48	4274	Cat Cummings	City Of Norwich AC
97	0:38:58	4682	Olivia Stones	Leigh Harriers and AC	197	0:41:49	4047	Bethan Francis	Avon Valley Runners
98	0:39:03	4271	Sophie Lee	City of Hull AC	198	0:41:52	4436	Bethan Moor	Gloucester AC
99	0:39:04	4933	Hannah Stroud	Ribble Valley Harriers	199	0:41:53	5224	Alexandra Crockford	Tonbridge AC
100	0:39:04	4809	Rebecca Twardochleb	Newcastle Staffs AC	200	0:41:54	5143	Grace Allen	Stourbridge RC

Senior Women

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
201	0:41:54	5290	Jihanna Bonilla-Allard	Valley Striders AC	301	0:44:27	4001	Andrea Cobo	Abbey Runners
202	0:41:56	5358	Samantha Parkinson	Winchester and District AC	302	0:44:27	5350	Emma Carter	Winchester and District AC
203	0:41:57	4298	Anna Jurkiewicz	Clapham Chasers	303	0:44:27	5189	Jessica Davies	Thames Hare and Hounds
204	0:41:57	4328	Jade Hutchinson	Darlington H and AC	304	0:44:29	4966	Olivia Harris	Royal Sutton Coldfield AC
205	0:42:01	4148	Eloise Lee	Birmingham Running Athletic	305	0:44:31	4985	Helen Armitage	Sale Harriers Manchester
206	0:42:03	4121	Victoria Croucher	Bexley AC	306	0:44:31	4087	Lucy Grant	Beeston AC
207	0:42:06	4294	Libby Brown	City Of York AC	307	0:44:32	4434	Gemma Collier	Gloucester AC
208	0:42:08	4479	Helen Mercer-Jones	Harrogate Harriers and AC	308	0:44:32	4481	Emma Robinson	Harrogate Harriers and AC
209	0:42:09	4423	Charlotte Svenson	Fulham RC	309	0:44:33	4183	Maeve Kenny	Bournville Harriers
210	0:42:10	5240	Lucy Thompson	Tonbridge AC	310	0:44:34	4392	Claire Fisher	Eton Manor AC
211	0:42:10	5175	Kirstie Booth	Taunton AC	311	0:44:35	5382	Rebecca Miles	Wreake and Soar Valley
212	0:42:11	4280	Emilia Montiel	City Of Portsmouth AC	312	0:44:35	5025	Sonia Pignorel	Serpentine RC
213	0:42:11	4540	Emily Young	Highgate Harriers	313	0:44:37	4577	Cathy Ayton	Ilkeston RC
214	0:42:12	4384	Naomi Lenane	Epsom and Ewell Harriers	314	0:44:37	4356	Yvette Dore	Dulwich Runners AC
215	0:42:14	5241	Liz Weeks	Tonbridge AC	315	0:44:39	4137	Sarah Conway	Birchfield Harriers
216	0:42:17	4525	Shannon Sinclair	Herne Hill Harriers	316	0:44:39	4489	Madeleine Ding	Headington RR
217	0:42:18	4176	Monica Baptista	Bournville Harriers	317	0:44:40	5178	Amy Britton	Team Bath AC
218	0:42:19	5388	Gabrielle McNeelance	Wreake Runners	318	0:44:42	4152	Lorna Graham	Birtley AC
219	0:42:20	4046	Vervan Cranston	Avon Valley Runners	319	0:44:47	4297	Lucy Hancock	Clapham Chasers
220	0:42:23	4996	Emma Finney	Sale Harriers Manchester	320	0:44:48	4496	Rachel Shaw	Headington RR
221	0:42:24	5257	Deborah Thomas	Trentham Rc	321	0:44:49	4816	Louise Hayes	North Shields Polytechnic Clu
222	0:42:27	4341	Veleska Willis	Derby AC	322	0:44:50	5159	Lisa Staley	Sutton in Ashfield Harriers an
223	0:42:28	5385	Emilly Hollis	Wreake Runners	323	0:44:52	5397	Natasha Taylor	Wycombe Phoenix Harriers a
224	0:42:29	4361	Amy Etherington	Durham City Harriers and AC	324	0:44:52	4333	Chloe Scotchbrook	Datchet Dashers
225	0:42:30	5058	Helen Heley	Silson AC	325	0:44:53	4081	Caitlin Bradbury	Beeston AC
226	0:42:31	4132	Lesley Watson	Bingley Harriers and AC	326	0:44:54	4345	Charlotte Kenny	Derwent Runners (derby)
227	0:42:31	4955	Robyn Lancelley	Rotherham Harriers And AC	327	0:44:55	4241	Vashti MacDonald-Clink	Cambridge and Coleridge AC
228	0:42:31	5253	Kerry Dixon	Trentham Rc	328	0:44:57	5232	Jacqueline O'Reilly	Tonbridge AC
229	0:42:32	5276	Tam Calder	University of Nottingham AC	329	0:44:58	4189	Alison Price	Bournville Harriers
230	0:42:33	4371	Hayley Simpson	East Cheshire Harriers and Ta	330	0:45:00	4380	Nina Mason	Elvet Striders
231	0:42:33	4180	Katherine Green	Bournville Harriers	331	0:45:03	5050	Pascale Holden	Shelton Striders
232	0:42:34	4205	Ellen Harrison	Bristol and West AC	332	0:45:05	4777	Lottie Riddle	Matlock AC
233	0:42:35	4716	Genevieve Weston	London Heathside	333	0:45:06	4945	Bethan Faulkner	Rochdale Tri Club
234	0:42:36	5280	Cara Gibbons	Vale Royal AC	334	0:45:07	4418	Hannah Farrow	Fulham RC
235	0:42:36	4570	Janet Rashleigh	Horwich R M I Harriers	335	0:45:07	4069	Lynn Emmett	Beccles and Bungay Harriers
236	0:42:39	4572	Shelley Duffy	Huntingdonshire AC	336	0:45:08	5017	Daisy Gladstone	Serpentine RC
237	0:42:40	5332	Lucy Ellis	West End Runners	337	0:45:11	5107	Natasha Geere	Spennorth and Dist AC
238	0:42:42	5411	Sophia Tucker	Grantham AC	338	0:45:12	5370	Natalie Thompson	Windsor Slough Eton and Ho
239	0:42:44	5179	Lizzi Pitt	Team Bath AC	339	0:45:14	4778	Louise Rowley	Matlock AC
240	0:42:44	4247	Grace Miles	Cambridge University Hare ar	340	0:45:19	4267	Sarah Renshaw	Chorlton Runners
241	0:42:45	4620	Teresa Murphy	Kent AC	341	0:45:20	4320	Anna Corby	Croydon Harriers
242	0:42:48	5394	Melanie Phair	Wycombe Phoenix Harriers ai	342	0:45:21	5099	Jane Bartholomew	Sparkhill Harriers
243	0:42:50	4743	Alannah Birtwistle	Macclesfield Harriers and AC	343	0:45:22	5013	Laura Carmichael	Serpentine RC
244	0:42:51	4237	Chloe Haines	Cambridge and Coleridge AC	344	0:45:27	4700	Isobel Mastroolonardo	Loftus and Whitby AC
245	0:42:52	4144	Frances Vickers	Birchfield Harriers	345	0:45:28	5228	Susan Jeddo	Tonbridge AC
246	0:42:53	5147	Tamara Jordan	Stowmarket Striders RC	346	0:45:28	4819	Patricia Speedie	North York Moors AC
247	0:42:54	5260	Mairi Clancy	Tyne Bridge Harriers	347	0:45:30	4398	Jane Rukin-White	Eton Manor AC
248	0:42:56	5309	Rebecca Blacklock	Wallasey AC	348	0:45:32	4595	Victoria Wright	Istead and Ifield Harriers
249	0:42:58	4844	Joanne Clamp	Notts AC	349	0:45:33	4477	Sarah Gill	Harrogate Harriers and AC
250	0:43:02	4242	Rebecca Sharpe	Cambridge and Coleridge AC	350	0:45:37	4564	Lucy Farquhar	Holmfirth Harriers AC
251	0:43:02	4488	Robyn Matson	Havering AC	351	0:45:38	4313	Michelle Stevens	Cogleton Harriers
252	0:43:03	4769	Natasha Baker	Marshall Milton Keynes AC	352	0:45:39	5405	Kate Osborn	York Knavesmire Harriers
253	0:43:05	4157	Ellen Sagar-Hesketh	Blackburn Harriers and AC	353	0:45:39	4097	Catherine Simkins	Beeston AC
254	0:43:06	4085	Sophie Eadsforth	Beeston AC	354	0:45:44	5162	Amber Brough-Nuesink	Sutton Runners
255	0:43:06	4520	Katie Kedward	Herne Hill Harriers	355	0:45:44	4980	Debbie Stevens	Rushcliffe AC
256	0:43:07	5252	Jayne Dickens	Trentham Rc	356	0:45:45	5110	Sara Wallace	Spennorth and Dist AC
257	0:43:07	4491	Amy Johnson	Headington RR	357	0:45:46	4451	Kelly Dicks	Great Western Runners
258	0:43:08	4750	Kirsty Matthews	M Maidenhead AC	358	0:45:47	4438	Beth Grogan	Goole Youth AC
259	0:43:12	5234	Ellen Pitcairn-Knowles	Tonbridge AC	359	0:45:48	4796	Rebecca Downie	Newbury AC
260	0:43:14	4235	Emma Etheredge	Cambridge and Coleridge AC	360	0:45:48	5173	Rebecca Mills	Swinton RC
261	0:43:15	5002	Jane Victoria Thomas	Sale Harriers Manchester	361	0:45:49	4615	Susannah Fairbrass	Kent AC
262	0:43:16	5297	Amy Casson	Vegan Runners UK	362	0:45:52	5269	Hannah Stewart	Tyne Bridge Harriers
263	0:43:17	4685	Francesca Ryde	Leighton Buzzard Tri Club	363	0:45:53	4705	Erika Kulikova	London Fronrunners
264	0:43:19	4105	Mimi Corden-Lloyd	Belgrave Harriers	364	0:45:54	4687	Amy Rockall	Lincoln Wellington AC
265	0:43:23	5250	Melanie Monks	Trafford AC	365	0:45:57	5160	Claire Watson	Sutton in Ashfield Harriers an
266	0:43:25	4869	Helen Talbot	Nuneaton Harriers	366	0:45:59	4228	Samantha Willis	Buxton AC
267	0:43:27	5255	Joanne Stanfield	Trentham Rc	367	0:46:00	4981	Cheralynne Todd McIntyre	Rushcliffe AC
268	0:43:29	5357	Charlotte Hoskins	Winchester and District AC	368	0:46:02	5403	Grace Kelleher	York Knavesmire Harriers
269	0:43:30	4443	Sarah Chynoweth	Grantham RC	369	0:46:04	5171	Charlotte Wilton	Swindon Harriers
270	0:43:33	4817	Carla Maley	North Shields Polytechnic Clu	370	0:46:05	5018	Katie Hickling	Serpentine RC
271	0:43:34	4153	Lisa Short	Birtley AC	371	0:46:05	4514	Helen Davies	Hercules Wimbledon AC
272	0:43:34	5321	Sarah Robson	Wallsend Harriers and AC	372	0:46:06	4982	Elizabeth Tomlin	Rushcliffe AC
273	0:43:35	4989	Anne Chinoy	Sale Harriers Manchester	373	0:46:07	5389	Christine Symms	Wrekin RR
274	0:43:36	4358	Rebecca Schulleri	Dulwich Runners AC	374	0:46:08	4856	Beth Neal	Notts AC
275	0:43:36	4008	Megan Gildea	Aldershot Farnham and Distri	375	0:46:10	5238	Nicola Summerfield	Tonbridge AC
276	0:43:36	4359	Katie Styles	Dulwich Runners AC	376	0:46:11	4487	Clare Davies	Havering AC
277	0:43:38	5220	Pandora Banbury	Tonbridge AC	377	0:46:13	4753	Joanna Knapman	Manchester Tri Club
278	0:43:46	5268	Kathryn Stevenson	Tyne Bridge Harriers	378	0:46:17	4793	Rosie Beadle	Newark AC
279	0:43:50	4569	Liz Woodfield	Holmfirth Harriers AC	379	0:46:18	5245	Amy Cauley	Trafford AC
280	0:43:51	4127	Sarah Dewhirst	Bingley Harriers and AC	380	0:46:21	5306	Hayley Newbound	Wakefield District H and AC
281	0:43:53	4629	Elana Albery	Kettering Town Harriers	381	0:46:22	4547	Janet Atkinson	Holme Pierrepont Rc
282	0:43:55	4556	Claire Lewis	Holme Pierrepont Rc	382	0:46:24	5410	Sarah Thorne	York Knavesmire Harriers
283	0:43:59	4317	Myshola Kirkham	Coventry Godiva Harriers	383	0:46:25	4067	Eva Morant	Beaumont RC
284	0:44:00	4212	Natasha Newton	Bromsgrove and Redditch	384	0:46:29	4501	Kelsey Moloney	Honor RC
285	0:44:00	5377	Becky Palmer	Wolverhampton and Bilston	385	0:46:31	5371	Sarah Phelan	Wirral AC
286	0:44:01	4627	Megan Williams	Kent AC	386	0:46:33	5098	Rebecca Taylor	Southend On Sea AC
287	0:44:08	4167	Claire Collinson	Blaydon Harriers and AC	387	0:46:33	4999	Sian Rowley	Sale Harriers Manchester
288	0:44:09	5408	Clare Rowntree	York Knavesmire Harriers	388	0:46:34	5399	Caroline Houghton	Wymondham AC
289	0:44:10	4463	Ellie Crownshaw	Hallamshire Harriers Sheffield	389	0:46:34	4578	Elizabeth Bamford	Ilkeston RC
290	0:44:10	4611	Emma Garnett	Kenilworth Runners	390	0:46:34	4174	Teresa Medley	Border Harriers and AC
291	0:44:12	5338	Fiona Tamsin Chick	Westbury Harriers	391	0:46:34	4195	Danielle Seddon	Bracknell AC
292	0:44:13	4667	Harriet Buswell	Leeds City AC	392	0:46:35	5071	Hannah Lilley	Sinfir RC
293	0:44:15	5392	Hannah Lowther	Wycombe Phoenix Harriers ai	393	0:46:38	4246	Susan Dixon	Cambridge Harriers
294	0:44:17	4987	Lydia Briggs	Sale Harriers Manchester	394	0:46:40	4727	Sari Giering	Lordshill RR
295	0:44:21	4395	Jennifer Heymann	Eton Manor AC	395	0:46:43	4849	Joanne Finch	Notts AC
296	0:44:22	4071	Diana Chalmers	Bedford and County AC	396	0:46:45	4579	Jessica Denman	Ilkeston RC
297	0:44:24	5054	Lauren Morley	Shrewsbury AC	397	0:46:47	4901	Jenny Yates	Radcliffe AC
298	0:44:24	4666	Leila Armoush	Leeds City AC	398	0:46:47	5152	Victoria Sharpe	Stratford Upon Avon AC
299	0:44:25	4537	Sabina Russell	Highgate Harriers	399	0:46:48	4531	Natasha Cendrowicz	Highgate Harriers
300	0:44:26	4325	Georgina Mann	Dacorum and Tring AC	400	0:46:48	5168	Jessica Pierce	Swindon Harriers

Senior Women

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
401	0:46:50	4327	Alice Steele	Dallam RC	501	0:48:51	4397	Jane Pannell	Eton Manor AC
402	0:46:50	4039	Abigail Wells-Day	Amphill and Flitwick Flyers R	502	0:48:51	4730	Charlotte Keeler	Lordshill RR
403	0:46:51	4965	Georgina Delaney	Royal Sutton Coldfield AC	503	0:48:53	4922	Hannah Polak	Redhill RR
404	0:46:52	5028	Janet Worster	Serpentine RC	504	0:48:55	5413	Floor Christie-De Jong	Gosforth Harriers and AC
405	0:46:53	5342	Lovelock Liz	Westbury Harriers	505	0:48:56	4941	Jill Barton	Rochdale Harriers and AC
406	0:46:55	4732	Rachael Phelps	Lordshill RR	506	0:48:58	5248	Louise Mangan	Trafford AC
407	0:46:56	5339	Abigail Hall	Westbury Harriers	507	0:48:58	4272	Rachel Love	City of Hull AC
408	0:46:58	4964	Annette Belcher	Royal Sutton Coldfield AC	508	0:48:59	4542	Zoe Dobbs	Hillingdon AC
409	0:47:00	4554	Christine Heaton	Holme Pierrepont Rc	509	0:48:59	4544	Freya Hollingsworth	Hillingdon AC
410	0:47:01	4316	Sally Boon	Coventry Godiva Harriers	510	0:48:59	4628	Sarah Young	Kent AC
411	0:47:02	4702	Naseem Allmomen	London Frontrunners	511	0:49:01	4967	Gemma Sidaway	Royal Sutton Coldfield AC
412	0:47:03	4573	Ieva Klavina	Huntingdonshire AC	512	0:49:02	4399	Louise Vacher	Eton Manor AC
413	0:47:04	4330	Nova Tarn	Darlington H and AC	513	0:49:03	5144	Phoebe Packham	Stourbridge RC
414	0:47:06	4888	Emma Essex-Crosby	Preston Harriers	514	0:49:04	4959	Rowena Skelhorn	Rothwell Harriers and AC
415	0:47:07	4558	Editha Van Loon	Holme Pierrepont Rc	515	0:49:07	4389	Sarah Carey	Eton Manor AC
416	0:47:09	4184	Laura Leslie	Bournville Harriers	516	0:49:10	4990	Beatrice Cordingley	Sale Harriers Manchester
417	0:47:09	4978	Katherine Malone	Rushcliffe AC	517	0:49:13	4712	Ruth Miller	London Heathside
418	0:47:12	4633	Kerstine Herbert	Kimberley and District Strider	518	0:49:14	5182	Sarah Huskinson	Team Derby Runner
419	0:47:14	4161	Lauren Young	Blackhill Bounders	519	0:49:15	4098	Gabriele Thomas-Neher	Beeston AC
420	0:47:20	4226	Katie Rolfe	Buxton AC	520	0:49:16	4506	Paige Roadley	Heanor RC
421	0:47:21	4553	Ann Gould	Holme Pierrepont Rc	521	0:49:16	4824	Catherine Fenn	Northbrook AC
422	0:47:23	4400	Zoe Woodward	Eton Manor AC	522	0:49:18	4973	Freya Vincent	Rugby and Northampton AC
423	0:47:24	4714	Jessica Vinluan	London Heathside	523	0:49:19	5400	Kerry Archer	York Knavesmire Harriers
424	0:47:24	4757	Beverley Armstrong	Mansfield Harriers	524	0:49:20	4050	Fiona Robson	Avon Valley Runners
425	0:47:25	4353	Lucy Brett	Dorking and Mole Valley AC	525	0:49:23	4143	Sarah Travis	Birchfield Harriers
426	0:47:27	4709	Kimberli Butler	London Heathside	526	0:49:24	4946	Amanda Carter	Rolls Royce Harriers
427	0:47:28	4707	Hazel Reade	London Frontrunners	527	0:49:25	4825	Lottie Graham	Northbrook AC
428	0:47:30	5015	Victoria Crawford	Serpentine RC	528	0:49:25	4449	Meera Rajoo-Oakley	Great Bentley RC
429	0:47:32	4002	Helen Roden	Abbey Runners	529	0:49:25	5299	Tess Killingbeck	Vegan Runners UK
430	0:47:32	5040	Sarah Kimpton	Sheffield RC	530	0:49:28	4833	Eleanor Townsend	Northbrook AC
431	0:47:33	4493	Yvonne Morris	Headington RR	531	0:49:32	4805	Hannah Jones	Newcastle Staffs AC
432	0:47:34	5235	Lucy Pittcain-Knowles	Tonbridge AC	532	0:49:32	4775	Nicky Dick	Matlock AC
433	0:47:34	4335	Katie Sharp	Denby Dale AC	533	0:49:33	4863	Mary Hall	Nuneaton Harriers
434	0:47:35	5258	Charlotte Carpenter	Tyne Bridge Harriers	534	0:49:40	4401	Allison English	Fitmums and Friends
435	0:47:35	4054	Sarah Boxer	Barnet and District AC	535	0:49:40	4310	Joanne Moss	Congleton Harriers
436	0:47:36	4523	Evie McDermott	Herne Hill Harriers	536	0:49:41	5244	Ruth Beresford	Trafford AC
437	0:47:36	4940	Joanne Wharton-Howett	Ripley RC	537	0:49:41	5068	Clare Harrison	Sinfin RC
438	0:47:38	5006	Laura Councill	Salford Harriers and AC	538	0:49:42	5156	Lucy May	Stubbington Green Runners
439	0:47:39	5317	Abbie Cresswell	Wallsend Harriers and AC	539	0:49:43	4179	Jude Glynn	Bournville Harriers
440	0:47:39	4905	Rebecca Northmore	Ranelagh Harriers	540	0:49:45	4726	Lucy Fraser	Lordshill RR
441	0:47:41	5226	Rachel Fagg	Tonbridge AC	541	0:49:51	4591	Jacqueline King	Istead and Ifield Harriers
442	0:47:41	4129	Emma Green	Bingley Harriers and AC	542	0:49:51	4223	Kate Ledin	Buxton AC
443	0:47:42	5078	Alice R Smith	South London Harriers	543	0:49:51	5170	Felicity Webb	Swindon Harriers
444	0:47:43	5121	Polly Bridgman	Springfield Striders RC	544	0:49:52	4850	Samantha Garside	Notts AC
445	0:47:43	4307	Gemma Scougal	Clowne RR Club	545	0:49:55	4583	Sarah Edwards	Ilkley Harriers AC
446	0:47:43	4626	Kate Williams	Kent AC	546	0:49:57	4647	Eleanor Arnfield	Kingston AC And Poly Harrier
447	0:47:43	4621	Amanda Nio	Kent AC	547	0:49:58	4231	Karen Cameron	Cambridge and Coleridge AC
448	0:47:46	4938	Fiona Alexander	Ripley RC	548	0:49:58	4619	Jo Mott	Kent AC
449	0:47:47	4342	Rebecca Alexander	Derwent Runners (derby)	549	0:49:59	4403	Rachael Saxby	Fitmums and Friends
450	0:47:48	4178	Laura Gale	Bournville Harriers	550	0:49:59	5091	Hannah Willson	Southampton AC
451	0:47:49	4655	Kerry Thompson	Knowle and Dorridge RC	551	0:50:00	4190	Sarah Jane Rock-Webster	Bournville Harriers
452	0:47:50	4500	Jayne Lynas	Heanor RC	552	0:50:01	4118	Laura Emms	Beverley AC
453	0:47:53	5108	Angela Hall	Spensborough and Dist AC	553	0:50:02	4182	Charlie Hurd	Bournville Harriers
454	0:47:54	4467	Rachel Poole	Hallamshire Harriers Sheffield	554	0:50:03	4367	Sophie Santry	Ealing Eagles RC
455	0:47:54	5180	Phillippa Spruit	Team Bath AC	555	0:50:03	4504	Kerry Queenan	Heanor RC
456	0:47:55	4263	Leona Beaumont	Chorlton Runners	556	0:50:04	4800	Maxine Bickerton	Newcastle Staffs AC
457	0:47:55	4818	Michelle Thomson	North Shields Polytechnic Clu	557	0:50:06	4837	Deborah English	Norwich RR
458	0:47:56	5272	Charlie Pinkney	Tynedale Harriers and AC	558	0:50:07	5262	Gemma Finnie	Tyne Bridge Harriers
459	0:47:57	4229	Tania Wilson	Buxton AC	559	0:50:09	4758	Sandra Baguley	Mansfield Harriers
460	0:48:00	5346	Jacqui Jones	Wigan and District H and AC	560	0:50:11	4052	Jill Westwood	Avon Valley Runners
461	0:48:00	4614	Victoria Buck	Kent AC	561	0:50:12	5335	Zoe Webster	West End Runners
462	0:48:01	4748	Sue Stockdale	Macclesfield Harriers and AC	562	0:50:16	5187	Alison Preece	Telford AC
463	0:48:03	5359	Rosie Upton	Winchester and District AC	563	0:50:16	4636	Rachelle Sherman	Kimberley and District Strider
464	0:48:04	4115	Nicky Owen	Belper Harriers	564	0:50:17	4813	Jade Watson	Newcastle Staffs AC
465	0:48:06	4550	Lisa Chan	Holme Pierrepont Rc	565	0:50:18	4864	Melanie Hill	Nuneaton Harriers
466	0:48:10	4997	Sarah Goulden	Sale Harriers Manchester	566	0:50:20	4812	Rachel Wakefield	Newcastle Staffs AC
467	0:48:11	5124	Imogen Ovenden	Springfield Striders RC	567	0:50:31	4925	Natalie Wilson	Redhill RR
468	0:48:13	4855	Ami Nash	Notts AC	568	0:50:31	4125	Kirsty McEwen	Bexley AC
469	0:48:15	4904	Marianne Malam	Ranelagh Harriers	569	0:50:34	5249	Rachel McDonnell	Trafford AC
470	0:48:16	4944	Danielle Dignan	Rochdale Tri Club	570	0:50:34	4914	Sharon Fox	Redditch Stars
471	0:48:18	5387	Ellen McNeelance	Wreake Runners	571	0:50:35	4312	Lucy Rusbridge	Congleton Harriers
472	0:48:22	4831	Gemma Ross	Northbrook AC	572	0:50:36	4638	Samantha Weatherall	Kimberworth Striders
473	0:48:22	4738	Clare Magrath	Low Fell RC	573	0:50:37	4917	Vivienne Craven	Redhill RR
474	0:48:23	5174	Helen Nation	Swinton RC	574	0:50:37	4065	Sarah Day	Beaumont RC
475	0:48:24	4841	Janet Davies	Notfast RC	575	0:50:40	4222	Ruth Gowers	Buxton AC
476	0:48:24	4631	Elaine Fairbrother	Kettering Town Harriers	576	0:50:41	4350	Rose James	Doncaster AC
477	0:48:25	4557	Julie McGeorge	Holme Pierrepont Rc	577	0:50:43	4681	Rachel Pollitt	Leigh Harriers and AC
478	0:48:26	5354	Alison Fenwick	Winchester and District AC	578	0:50:45	4970	Helen Jones	Rugby and Northampton AC
479	0:48:28	4315	Alice Smyth	Corby AC	579	0:50:47	4424	Amy Tayler	Fulham RC
480	0:48:28	5009	Ruth Ollershaw	Salford Harriers and AC	580	0:50:48	5154	Penny Forse	Stubbington Green Runners
481	0:48:28	4742	Louise Bentham	Luton AC	581	0:50:50	5069	Fiona Hawkins	Sinfin RC
482	0:48:31	4455	Sarah Pye	Guildford and Godalming AC	582	0:50:50	4421	Katherine Gow	Fulham RC
483	0:48:33	4030	Diana Weightman	Alnwick Harriers	583	0:50:51	4604	Carolyn Kevan	Kendal Amateur AC
484	0:48:33	5148	Mary Narey	Stowmarket Striders RC	584	0:50:53	4735	Kirsty Wood	Lordshill RR
485	0:48:34	4150	Shannel Curtis	Birtley AC	585	0:50:55	4801	Jan Cassidy	Newcastle Staffs AC
486	0:48:34	4563	Katherine Farquhar	Holmfrith Harriers AC	586	0:50:56	4378	Susan Davis	Elvet Striders
487	0:48:35	4920	Claire Martin	Redhill RR	587	0:50:56	5402	Toni Jenkinson	York Knavesmire Harriers
488	0:48:36	4503	Joanne Potter	Heanor RC	588	0:50:58	4323	Louise Flower	Dacorum and Tring AC
489	0:48:38	4960	Sarah Waite	Rothwell Harriers and AC	589	0:51:00	4483	Anna Thomas	Harrowgate Harriers and AC
490	0:48:38	5079	Vicki Bone	South Shields Harriers and AC	590	0:51:00	4977	Pauline Gandee	Rushcliffe AC
491	0:48:40	5045	Kirsty Bryan-Jones	Sheffield Tri Club	591	0:51:01	4820	Carys Samuel	North Yorkshire Police AC
492	0:48:41	5270	Sarah Wharton	Tyne Bridge Harriers	592	0:51:03	4798	Rebecca Hughes	Newcastle (Staffs) Tri Club
493	0:48:42	4552	Emma Cupitt	Holme Pierrepont Rc	593	0:51:03	4365	Jessica Hood	Ealing Eagles RC
494	0:48:43	4396	Kate Malcolm	Eton Manor AC	594	0:51:05	5316	Marie Costello	Wallsend Harriers and AC
495	0:48:43	4571	Amelia Darnell	Huntingdonshire AC	595	0:51:05	4024	Karen Kiteley	Aldridge Rc
496	0:48:46	4038	Lisa Wells	Amphill and Flitwick Flyers R	596	0:51:08	4836	Theresa Colby	Norwich RR
497	0:48:48	4413	Victoria Thurston	Formula One Circuit Crew	597	0:51:12	5092	Katie Rennie	Southampton University Athl
498	0:48:50	4962	Gemma Travis-Turner	Roundhay Runners	598	0:51:14	4243	Christine Bond	Cambridge Harriers
499	0:48:50	4100	Jackie Welburn	Beeston AC	599	0:51:14	5100	Clare Bovill	Sparkhill Harriers
500	0:48:51	5209	Penelope Barber	Tipton Harriers	600	0:51:15	5140	Kate Scott	Steel City Striders Rc

Senior Women

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
601	0:51:15	4120	Victoria Butterworth	Bexley AC	701	0:54:57	4507	Heather Wesson	Heanor RC
602	0:51:20	4983	Melissa Wyszynski	Rushcliffe AC	702	0:54:58	5052	Clare Downes	Shrewsbury AC
603	0:51:22	4410	Catherine Millet	Formula One Circuit Crew	703	0:55:04	4099	Nina Vadgama	Beeston AC
604	0:51:24	4331	Sarah Wilson	Darlington H and AC	704	0:55:04	4308	Joan Clarke	Cobra Running and Tri Club
605	0:51:25	5274	Holly Pan	University of Leicester Runnr	705	0:55:06	4440	Sarah Gartside	Gosforth Harriers and AC
606	0:51:26	5123	Isobel Gowers	Springfield Striders RC	706	0:55:08	5076	Gina Coulson	South London Harriers
607	0:51:27	4632	Michelle Ann Chauhan	Kimberley and District Strider	707	0:55:08	4766	Elise Evans	Marple Runners
608	0:51:27	4746	Saranya Hasler	Macclesfield Harriers and AC	708	0:55:09	4936	Pauline Whittaker	Richmond and Zetland Harrie
609	0:51:29	4645	Claire Wilkes	Kings Heath RC - The Lions	709	0:55:10	5308	Julie Barbat	Wallasey AC
610	0:51:32	4311	Sarah Proudmore	Congleton Harriers	710	0:55:11	4101	Louise West	Beeston AC
611	0:51:34	4472	Hazel Oconnell	Harborough AC	711	0:55:11	4755	Jemma Arbon	Mansfield Harriers
612	0:51:35	4408	Helen Clarke	Formula One Circuit Crew	712	0:55:12	4915	Leanne Adair	Redhill RR
613	0:51:35	4133	Rebecca Weight	Bingley Harriers and AC	713	0:55:14	4305	Bridget Hemstock	Clowne RR Club
614	0:51:36	5325	Julie Williams	Wallsend Harriers and AC	714	0:55:15	5301	Joanna Rickerby	Vegan Runners UK
615	0:51:37	4630	Karen Albery	Kettering Town Harriers	715	0:55:18	5292	Jenny Hall	Valley Striders AC
616	0:51:38	4095	Marie-christine Pardon	Beeston AC	716	0:55:23	5117	Collette O'Keefe	Sphinx AC
617	0:51:39	5049	Rachel Farrow	Shelton Striders	717	0:55:23	4976	Abigail Cast	Rushcliffe AC
618	0:51:40	4543	Iwona Gray-Cauvin	Hillingdon AC	718	0:55:25	4711	Fiona Holland	London Heathside
619	0:51:41	5233	Pearl Pearce	Tonbridge AC	719	0:55:28	4369	Louise Prince	Ealing Southall and Middlese:
620	0:51:42	4422	Emma Less	Fulham RC	720	0:55:30	5300	Jolanta MacKie	Vegan Runners UK
621	0:51:43	4326	Claire Sanders	Dacorum and Tring AC	721	0:55:31	5022	Sarah MacKenzie	Serpentine RC
622	0:51:45	4169	Gemma Harmon	Blyth RC	722	0:55:35	5014	Joanna Conn	Serpentine RC
623	0:51:48	4364	Grainne Devery	Kendal Eagles RC	723	0:55:36	4262	Hannah Ahle	Chorlton Runners
624	0:51:50	4602	Hazel Clark	Kendal Amateur AC	724	0:55:36	4352	Tracy Land	Doncaster AC
625	0:51:51	4842	Kirsty Bradshaw	Notts AC	725	0:55:38	5296	Clare Burdell	Vegan Runners UK
626	0:51:52	4969	Angela Copson	Rugby and Northampton AC	726	0:55:42	5146	Kendra Boag	Stowmarket Striders RC
627	0:51:53	4847	Lisa Dickinson	Notts AC	727	0:55:43	4066	Jazzy Drew	Beaumont RC
628	0:51:56	4217	Sheila Bradley	Buxton AC	728	0:55:45	4368	Michelle Tanner	Ealing Eagles RC
629	0:51:59	5021	Angharad Lescott	Serpentine RC	729	0:55:48	4654	Nicola Evans	Knowle and Dorridge RC
630	0:52:02	5136	Caroline Rowena Greenough	Steel City Striders Rc	730	0:55:49	4420	Alexis Gebbie	Fulham RC
631	0:52:08	4461	Bethan Davies	Halifax Harriers and AC	731	0:55:53	5409	Hannah Strange	York Knavesmire Harriers
632	0:52:10	4070	Madeleine Brodie	Bedford and County AC	732	0:55:54	5278	Natalie Chandler	Vale Of Aylesbury AC
633	0:52:19	5374	Danni Braine	Wolverhampton and Bilston	733	0:55:55	4845	Megan Clarke	Notts AC
634	0:52:19	4040	Massah Cooper	Ashford and District RRC	734	0:55:55	4912	Claire Seymour	Reading Roadrunners
635	0:52:23	4309	Polly Kennerley	Congleton Harriers	735	0:55:55	4663	Carol Blower	Leamington Cycling And AC
636	0:52:23	4318	Jayne Mumford	Coventry Godiva Harriers	736	0:55:56	5139	Philippa Rose	Steel City Striders Rc
637	0:52:26	5318	Catherine Graham	Wallsend Harriers and AC	737	0:55:57	4737	Vicki Halse	Low Fell RC
638	0:52:26	5206	Julie Holmes	The Stragglers RC	738	0:55:59	5271	Jennifer McDonald	Tynedale Harriers and AC
639	0:52:28	5313	Mary Rees	Wallasey AC	739	0:56:00	5062	Justine Verwey	Silson AC
640	0:52:29	4728	Elaine Jeffery	Lordshill RR	740	0:56:02	5138	Julie Meredith	Steel City Striders Rc
641	0:52:33	4255	Elaine Seager	CharwoodAC	741	0:56:06	4810	Susan Twardochleb	Newcastle Staffs AC
642	0:52:39	5295	Katie Bonner	Vegan Runners UK	742	0:56:08	4897	Caroline Malone	Radcliffe AC
643	0:52:46	4724	Abigail Cheesman	Lordshill RR	743	0:56:09	4948	Samantha Orme	Rolls Royce Harriers
644	0:52:48	4347	Samantha Chivers	Desford Striders	744	0:56:15	4445	Sarah High	Grantham RC
645	0:52:56	4033	Carole Harrison	Altrincham and District AC Lir	745	0:56:19	4916	Jeanette Barnes	Redhill RR
646	0:52:58	4244	Sally Carr	Cambridge Harriers	746	0:56:23	4123	Angela Duffy Smart	Bexley AC
647	0:52:59	4171	Sandra Watson	Blyth RC	747	0:56:26	5016	Maria David	Serpentine RC
648	0:53:04	4057	Faye Lund	Barnsley AC	748	0:56:28	4450	Jenny Buckley	Great Western Runners
649	0:53:09	4490	Sandra Harding-Brown	Headington RR	749	0:56:31	5102	Abigail Frayling	Sparkhill Harriers
650	0:53:11	4860	Carolyn Derbyshire	Nuneaton Harriers	750	0:56:33	4826	Fern Kenny	Northbrook AC
651	0:53:12	5153	Sarah Vernon	Stratford Upon Avon AC	751	0:56:33	4083	Elaine Clifford	Beeston AC
652	0:53:13	4979	Kathryn Mellor	Rushcliffe AC	752	0:56:36	5105	Manisha Pearce	Sparkhill Harriers
653	0:53:16	4639	Kerry Allen	Kings Heath RC - The Lions	753	0:56:38	5104	Leanne Neal	Sparkhill Harriers
654	0:53:17	4642	Millie Flynn	Kings Heath RC - The Lions	754	0:56:40	4072	Emma Coombes (keech)	Bedford and County AC
655	0:53:17	4968	Minerva Chesser	Rugby and Northampton AC	755	0:56:43	5247	Sue Exon	Trafford AC
656	0:53:17	4214	Jenny Wale	Bromsgrove and Redditch	756	0:56:46	4381	Jan Young	Elvet Striders
657	0:53:22	5333	Emily Hall	West End Runners	757	0:56:46	4601	Sue Booth	Kendal Amateur AC
658	0:53:24	4037	Caroline Armstrong	Amphill and Flitwick Flyers R	758	0:56:47	4660	Miriam Maher	Lancaster and Morecambe A
659	0:53:26	4270	Elizabeth Thomas	Cirencester AC	759	0:56:49	4425	Joanne Walker	Fulham RC
660	0:53:27	4616	Caroline Ford	Kent AC	760	0:56:53	4348	Justyna Felczerek	Doncaster AC
661	0:53:29	5372	Anne Rosbottom	Wirral AC	761	0:56:54	4939	Alison Butlin	Ripley RC
662	0:53:35	5230	Grazia Manzotti	Tonbridge AC	762	0:56:57	4265	Zulma Edmondson	Chorlton Runners
663	0:53:37	4879	Claudia Pagoulatou	Pensby Runners	763	0:57:01	4458	Caroline Lambert	Halesowen ACC
664	0:53:37	4407	Catherine O Connor	Folkstone RC	764	0:57:01	5051	Irena Hulova	Shelton Striders
665	0:53:40	4903	Ann Kearey	Ranelagh Harriers	765	0:57:02	4868	Rebecca Shilton	Nuneaton Harriers
666	0:53:41	5020	Margaret King	Serpentine RC	766	0:57:03	4581	Petra Bijsterveld	Ilkley Harriers AC
667	0:53:42	4613	Penny Rusbridge	Kenilworth Runners	767	0:57:05	4834	Dawn Webb	Northbrook AC
668	0:53:43	5305	Eileen Mannion	Wakefield District H and AC	768	0:57:09	4170	Claire Mason	Blyth RC
669	0:53:45	4956	Jo Heseltine	Rothwell Harriers and AC	769	0:57:09	4890	Vicki Sherrington	Preston Harriers
670	0:53:49	4043	Sophie Bradbury	Askern District RC	770	0:57:15	4366	Olivia Parker-Scott	Ealing Eagles RC
671	0:53:50	4919	Nicola Hubbard	Redhill RR	771	0:57:19	4391	Janine Durrant	Eton Manor AC
672	0:53:51	4362	Christine Woods	Durham City Harriers and AC	772	0:57:20	4752	Lindsey Farrelly	Manchester Harriers and AC
673	0:53:53	4220	Heather Fryer-Winder	Buxton AC	773	0:57:20	4089	Wendy Herd	Beeston AC
674	0:53:53	5222	Deniz Bowart	Tonbridge AC	774	0:57:22	4708	Julia Robinson	London Frontrunners
675	0:53:54	4499	Rita Fisher	Heanor RC	775	0:57:25	4703	Carly Eager	London Frontrunners
676	0:53:55	4437	Trudy Wells	Gloucester AC	776	0:57:25	5065	Lois Clifton	Sinfin RC
677	0:54:01	4406	Victoria Green	Folkstone RC	777	0:57:25	5066	Sharon Collins	Sinfin RC
678	0:54:04	5113	Susan Gough	Sphinx AC	778	0:57:29	4829	Caroline Parkinson	Northbrook AC
679	0:54:05	4444	Caroline Davis	Grantham RC	779	0:57:30	4646	Karen Wooff	Kings Heath RC - The Lions
680	0:54:10	5080	Melanie Cooke-Dunlop	South Shields Harriers and AC	780	0:57:32	4073	Ruth Kerr	Bedford and County AC
681	0:54:12	5167	Olga Reading	Sutton Runners	781	0:57:37	5112	Rachael Allen	Sphinx AC
682	0:54:13	4495	Catriona Scott	Headington RR	782	0:57:38	4404	Emerald Sharkey	Fitmums and Friends
683	0:54:19	4304	Kerry Anderson	Clowne RR Club	783	0:57:39	4974	Catherine Williams	Rugby and Northampton AC
684	0:54:25	4505	Georgina Riley	Heanor RC	784	0:57:40	4394	Jennifer Hall	Eton Manor AC
685	0:54:25	5003	Caroline Wheeler	Sale Harriers Manchester	785	0:57:44	4815	Michele O'Neill-Hall	North East Veterans AC
686	0:54:27	4823	Sarah Duffy	Northbrook AC	786	0:57:48	4186	Helen McGettrick	Bournville Harriers
687	0:54:28	5307	Michele Alty	Wallasey AC	787	0:57:51	4402	Cassie Kemp	Fitmums and Friends
688	0:54:29	4509	Jenny Friend	Heaton Harriers and AC	788	0:57:53	4840	Wendy Smith	Norwich RR
689	0:54:31	5060	Cez Probert	Silson AC	789	0:57:54	4379	Camilla Lauren-Maatta	Elvet Striders
690	0:54:33	5103	Pauline Hygate	Sparkhill Harriers	790	0:57:58	4729	Rhian Jeffery	Lordshill RR
691	0:54:33	4460	Hazel Berrett	Halifax Harriers and AC	791	0:57:59	5384	Megan Brewster	Wreake Runners
692	0:54:35	4690	Donna Walters	Lincoln Wellington AC	792	0:58:03	4886	Gillian Kirk	Poplar RC
693	0:54:39	4376	Stephanie Barlow	Elvet Striders	793	0:58:07	4935	Michelle Sprent	Richmond and Zetland Harrie
694	0:54:47	4736	Catherine Woods	Lordshill RR	794	0:58:08	4221	Beverley Golden	Buxton AC
695	0:54:47	4092	Holly McCain	Beeston AC	795	0:58:12	4717	Gillian Potter	Lonely Goat RC
696	0:54:49	5151	Rebecca Pridham	Stratford Upon Avon AC	796	0:58:15	4023	Anne Kellsall	Aldridge Rc
697	0:54:51	4661	Joanne Sumner	Lancaster and Morecambe A	797	0:58:17	4390	Hayley Dalton	Eton Manor AC
698	0:54:52	4411	Catherine Reilly	Formula One Circuit Crew	798	0:58:18	4471	Louise McAllister	Harborough AC
699	0:54:53	4060	Emma Moorhouse	Barnsley Harriers	799	0:58:25	4721	Elizabeth Lakin	Long Eaton RC
700	0:54:56	4921	Laura Merryweather	Redhill RR	800	0:58:29	4584	Anna Pickering	Ilkley Harriers AC

Senior Women

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
801	0:58:34	5044	Louise Woffindin	Sheffield RC	901	1:11:59	5070	Julieanne Heithus	Sinfin RC
802	0:58:35	4870	Simone Wilson	Nuneaton Harriers	902	1:12:03	5073	Andrea Talbot	Sinfin RC
803	0:58:37	5161	Sue Belcher	Sutton Runners	903	1:12:04	5072	Helen Ripley	Sinfin RC
804	0:58:37	4947	Fleur Cox	Rolls Royce Harriers	904	1:12:14	4419	Louise Garlick	Fulham RC
805	0:58:39	4934	Nicola Bucket	Richmond and Zetland Harrie	905	1:12:25	4124	Geraldine Legon	Bexley AC
806	0:58:39	5116	Victoria O'Brien	Sphinx AC	906	1:12:40	5202	Christine Munden	Thames Valley Harriers
807	0:58:40	5035	Rachel Birch	Sheffield RC	907	1:12:46	4609	Pauline Dable	Kenilworth Runners
808	0:58:41	5106	Jennifer Price	Sparkhill Harriers	908	1:13:10	5163	Felicidade Gunn	Sutton Runners
809	0:58:43	4585	Sally Pickering	Ilkley Harriers AC	909	1:13:16	4058	Sharon Moore	Barnsley AC
810	0:58:48	5169	Jane Spencer	Swindon Harriers	910	1:13:17	4683	Alison Bell	Leighton Buzzard AC
811	0:58:52	4898	Louise Shield	Radcliffe AC	911	1:13:22	5081	Summer Gatens	South Shields Harriers and AC
812	0:59:08	4409	Joanne Mallinson	Formula One Circuit Crew	912	1:13:34	4768	Sarah Mears	Marple Runners
813	0:59:08	4283	Caroline Fuller	City Of Sheffield And Dearne .	913	1:17:38	4080	Emmalee Bish	Beeston AC
814	0:59:15	5063	Rachael Elizabeth Brown	Sinfin RC	914	1:18:02	4044	Marie-clare Churchman	Askern District RC
815	0:59:29	4346	Veronica Versino	Derwent Runners (derby)	915	1:21:12	4918	Rosemary Horn	Redhill RR
816	0:59:33	4138	Emily Evans	Birchfield Harriers	916	1:22:55	5053	Grace Hough	Shrewsbury AC
817	0:59:37	4891	Julie Tyrer	Preston Harriers	917	1:23:24	4216	Nicola Long	Burton AC
818	0:59:42	4474	Marise Taylor	Harborough AC	918	1:23:39	4510	Janette Kilgour	Heaton Harriers and AC
819	0:59:48	5057	Tracey Harris	Silson AC	919	1:24:39	4405	Kayleigh Cumber	Folkestone RC
820	0:59:48	5412	Susan Torrance	Silson AC	920	1:33:10	4889	Adela Nuttall	Preston Harriers
821	0:59:53	4084	Gemma Daykin	Beeston AC					
822	0:59:56	4416	Judith Clarkson	Fulham RC					
823	0:59:58	5037	Alexa Dale	Sheffield RC					
824	1:00:04	4957	Hayley Kenny	Rothwell Harriers and AC					
825	1:00:07	4059	Linda Westlake	Barnsley AC					
826	1:00:07	4739	Leena Mulholland	Low Fell RC					
827	1:00:08	5132	Carol Beattie	Steel City Striders Rc					
828	1:00:11	4807	Sharon Tomkinson	Newcastle Staffs AC					
829	1:00:18	4830	Sara Phipps	Northbrook AC					
830	1:00:24	4191	Nicola Tautscher	Bournville Harriers					
831	1:00:29	5315	Julie Collinson	Wallsend Harriers and AC					
832	1:00:32	4053	Clare Janette Boutle	Barnet and District AC					
833	1:00:36	4457	Anna Cosimetti	Halesowen ACC					
834	1:00:39	4078	Jennifer Beverley	Beeston AC					
835	1:00:43	4168	Anne Craddock	Blyth RC					
836	1:00:45	5126	Carole Jack	St Albans Striders					
837	1:00:47	4827	Antoinette McHugh	Northbrook AC					
838	1:01:00	4343	Philippa Cory	Derwent Runners (derby)					
839	1:01:06	4811	Tonia Vernon	Newcastle Staffs AC					
840	1:01:08	4593	Barbara Ockendon	Istead and Ifield Harriers					
841	1:01:14	5323	Christine Stretesky	Wallsend Harriers and AC					
842	1:01:26	4892	Sue Wickham	Preston Harriers					
843	1:01:44	5277	Esther Fischbaum	University of Nottingham AC					
844	1:01:50	4731	Louise Lovesey	Lordshill RR					
845	1:02:04	4387	Jane Millichip	Erewash Valley RC					
846	1:02:14	4130	Sally Robinson	Bingley Harriers and AC					
847	1:02:33	4163	Claire Elizabeth Irons	Blackpool Wyre and Fylde AC					
848	1:02:46	4219	Rachel Dowle	Buxton AC					
849	1:03:03	4590	Helen Fooks	Istead and Ifield Harriers					
850	1:03:11	4093	Evgeniya Mihaylova	Beeston AC					
851	1:03:15	4828	Helen Morris	Northbrook AC					
852	1:03:20	4029	Abigail Wright	Aldridge Rc					
853	1:03:21	5064	Alison Clarke	Sinfin RC					
854	1:03:32	4027	Wendy Sargeant	Aldridge Rc					
855	1:03:35	4859	Angela Burley	Notts Women Runners					
856	1:03:36	4300	Jessie Torr	Clapham Chasers					
857	1:03:38	5266	Emma Moir	Tyne Bridge Harriers					
858	1:03:43	4760	Maddy Collinge	Mansfield Harriers					
859	1:03:50	4056	Marion Harrison	Barnsley AC					
860	1:03:54	4177	Suzanne Bunn	Bournville Harriers					
861	1:03:57	4041	Lucy Johnstone	Ashford and District RRC					
862	1:04:05	4832	Pia Singh	Northbrook AC					
863	1:04:07	5225	Angie Crush	Tonbridge AC					
864	1:04:12	4835	Jo Bygrave	Norwich RR					
865	1:04:32	4643	Kate Johnson	Kings Heath RC - The Lions					
866	1:04:40	4388	Caroline Wickham	Erewash Valley RC					
867	1:04:50	4225	Charlie Narejko	Buxton AC					
868	1:05:00	5119	Jackie Stuart	Sphinx AC					
869	1:05:22	4923	Joanne Stocks	Redhill RR					
870	1:05:34	4896	Karen Doherty	Radcliffe AC					
871	1:05:37	4122	Sarah Dodds	Bexley AC					
872	1:06:00	4949	Gillian Whiteside	Rolls Royce Harriers					
873	1:06:26	4741	Ann Baskeyfield	Ludlow Runners					
874	1:06:39	4363	Liz Ainsworth	Ealing Eagles RC					
875	1:06:47	4704	Sophie Harris	London Frontrunners					
876	1:06:52	4344	Alison Jesney	Derwent Runners (derby)					
877	1:07:08	4088	Juliet Harrison	Beeston AC					
878	1:07:20	4684	Sara Lowe	Leighton Buzzard AC					
879	1:08:01	4722	Valerie Lindsey	Long Eaton RC					
880	1:08:09	4175	Annette Lewis	Bournemouth AC					
881	1:08:13	4224	Jennie Light	Buxton AC					
882	1:08:37	4064	Kelly Beniston	Beaumont RC					
883	1:08:44	4492	Sarah Leach	Headington RR					
884	1:08:51	4644	Barbara Partridge	Kings Heath RC - The Lions					
885	1:08:55	4055	Anne Bennett	Barnsley AC					
886	1:09:02	4211	Charlotte Ball	Bromsgrove and Redditch					
887	1:09:06	4928	Shannon Bennett	Retford AC					
888	1:09:11	4594	Yasmine Pritchard	Istead and Ifield Harriers					
889	1:09:15	4068	Anna Clark	Beccles and Bungay Harriers					
890	1:09:21	4026	Claire O'Brien	Aldridge Rc					
891	1:09:24	4761	Thomasina Copcutt	Mansfield Harriers					
892	1:09:33	4706	Christina Reade	London Frontrunners					
893	1:09:34	4259	Kathryn Wills	Chesapeake RR					
894	1:10:17	4019	Rachel Antoine	Aldridge Rc					
895	1:10:43	5289	Carole Williams	Vale Royal AC					
896	1:10:55	4900	Tracy Wroe	Radcliffe AC					
897	1:11:06	4641	Sahra Derkitt	Kings Heath RC - The Lions					
898	1:11:10	4269	Louise Abbott	Cirencester AC					
899	1:11:20	4799	Julia Bailey	Newcastle Staffs AC					
900	1:11:59	5074	Alyson Woodcock	Sinfin RC					

Senior Women

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
Team Results:					85	2695	Kings Heath RC - The Lions	(609 653 654 779)	
1	48	Aldershot Farnham and District	(1 13 15 19)		86	2746	Sutton Runners	(354 681 803 908)	
2	58	Leeds City AC	(3 16 17 22)		87	2805	Norwich RR	(557 596 788 864)	
3	159	Highgate Harriers	(12 31 34 82)		88	2820	Radcliffe AC	(397 742 811 870)	
4	184	Ribble Valley Harriers	(6 26 53 99)		89	2842	Preston Harriers	(414 769 817 842)	
5	202	Holmfirth Harriers AC	(32 40 63 67)		90	2872	Blyth RC	(622 647 768 835)	
6	250	Thames Hare and Hounds	(48 59 69 74)		91	2945	Rolls Royce Harriers	(526 743 804 872)	
7	275	Tonbridge AC	(20 27 104 124)		92	2981	Sphinx AC	(678 716 781 806)	
8	296	CharnwoodAC	(23 51 105 117)		93	3097	Aldridge Rc	(595 796 852 854)	
9	314	City Of Norwich AC	(10 21 87 196)		94	3217	Barnsley AC	(648 825 859 885)	
10	344	Sale Harriers Manchester	(29 42 102 171)						
11	348	Belgrave Harriers	(41 84 109 114)						
12	393	Bristol and West AC	(58 80 118 137)						
13	399	Hallamshire Harriers Sheffield	(49 70 120 160)						
14	401	Cambridge and Coleridge AC	(57 85 103 156)						
15	490	Marshall Milton Keynes AC	(72 77 89 252)						
16	508	Kent AC	(91 116 128 173)						
17	546	Derby AC	(76 90 158 222)						
18	582	Herne Hill Harriers	(107 113 146 216)						
19	601	Nuneaton Harriers	(47 126 162 266)						
20	628	Birchfield Harriers	(61 145 177 245)						
21	706	Leigh Harriers and AC	(8 24 97 577)						
22	710	Windsor Slough Eton and Hounslow	(75 106 191 338)						
23	734	Notts AC	(131 169 185 249)						
24	754	Harrogate Harriers and AC	(96 142 208 308)						
25	845	Winchester and District AC	(73 202 268 302)						
26	867	Southampton AC	(33 132 152 550)						
27	885	Havering AC	(115 143 251 376)						
28	890	Bournville Harriers	(133 217 231 309)						
29	893	York Knavesmire Harriers	(81 172 288 352)						
30	897	Serpentine RC	(108 141 312 336)						
31	972	Trentham Rc	(221 228 256 267)						
32	1034	Westbury Harriers	(154 184 291 405)						
33	1096	Eton Manor AC	(144 295 310 347)						
34	1130	Avon Valley Runners	(190 197 219 524)						
35	1167	Salford Harriers and AC	(71 178 438 480)						
36	1203	Vale Royal AC	(18 56 234 895)						
37	1207	Ranelagh Harriers	(110 188 440 469)						
38	1238	Beeston AC	(254 306 325 353)						
39	1316	Newcastle Staffs AC	(100 129 531 556)						
40	1321	Tyne Bridge Harriers	(247 278 362 434)						
41	1324	Headington RR	(257 316 320 431)						
42	1487	Holme Pierrepont Rc	(282 381 409 415)						
43	1511	Rushcliffe AC	(355 367 372 417)						
44	1515	Sheffield RC	(125 159 430 801)						
45	1561	Bingley Harriers and AC	(226 280 442 613)						
46	1599	London Heathside	(233 423 426 517)						
47	1626	Royal Sutton Coldfield AC	(304 403 408 511)						
48	1630	West End Runners	(175 237 561 657)						
49	1686	Trafford AC	(265 379 506 536)						
50	1703	Wreake Runners	(218 223 471 791)						
51	1704	Fulham RC	(209 334 579 582)						
52	1706	Chorlton Runners	(187 340 456 723)						
53	1787	Buxton AC	(366 420 459 542)						
54	1796	Hillingdon AC	(161 508 509 618)						
55	1842	Lordshill RR	(394 406 502 540)						
56	1844	Heanor RC	(384 452 488 520)						
57	1846	Stratford Upon Avon AC	(101 398 651 696)						
58	1852	Bedford and County AC	(170 296 632 754)						
59	1919	Wallsend Harriers and AC	(272 439 594 614)						
60	1964	Bromsgrove and Redditch	(138 284 656 886)						
61	1975	London Frontrunners	(363 411 427 774)						
62	2012	Kenilworth Runners	(148 290 667 907)						
63	2050	Northbrook AC	(472 521 527 530)						
64	2067	Congleton Harriers	(351 535 571 610)						
65	2089	Steel City Striders Rc	(123 600 630 736)						
66	2121	Bexley AC	(206 568 601 746)						
67	2122	Swindon Harriers	(369 400 543 810)						
68	2130	Redhill RR	(487 503 567 573)						
69	2147	Vegan Runners UK	(262 529 642 714)						
70	2278	Ilkley Harriers AC	(167 545 766 800)						
71	2283	Wallasey AC	(248 639 687 709)						
72	2286	Sinfin RC	(392 537 581 776)						
73	2365	Elvet Striders	(330 586 693 756)						
74	2380	Sparkhill Harriers	(342 599 690 749)						
75	2381	Rugby and Northampton AC	(522 578 626 655)						
76	2410	Formula One Circuit Crew	(497 603 612 698)						
77	2428	Derwent Runners (derby)	(326 449 815 838)						
78	2472	Silson AC	(225 689 739 819)						
79	2496	Rothwell Harriers and AC	(489 514 669 824)						
80	2498	Ealing Eagles RC	(554 593 623 728)						
81	2552	Mansfield Harriers	(424 559 711 858)						
82	2566	Beaumont RC	(383 574 727 882)						
83	2578	Istead and Ifield Harriers	(348 541 840 849)						
84	2652	Fitmums and Friends	(534 549 782 787)						